

Pelham Hornets

Fitness 5k and 1 Mile Run



Proceeds will benefit the PHS Track & Field Teams

Date: 01/20/2018 **Time:** 11:00 AM **Where:** Pelham High School **Pre-Register By:** 01/05/2018

Our Fitness 5k Run/Walk is full of challenges. Prepare to leave exhausted. This event will be timed. The race will be held at PHS. It will be on the 5k cross country course around the school. The 1 mile for kids 12 & under will be held on the track.

Registration: You can registers individually or as a team of 4. If you register as a team everyone on your team must fill out a form. As a team it is up to you how you break up the running and the reps in each obstacle and/or fitness station. The Team awards will only be given to the top 3 teams. Your team maybe same gender or co-ed.

5k Entry Fee: \$25.00 for early registration. Early Registration is due by 01/05/2018. Only those who register early will be guaranteed a long sleeve t-shirt. Some of the fitness activities may include: sled pulls, wall climbs, dumbbell presses, kettlebell swings, wall balls, jump ropes, plate carry, box jumps. \$27 for late registration. \$30 for race day registration

One Mile Entry Fee: \$15.00 for early registration for the 1 mile. Early registration is due by 01/05/2018. Late registration is \$17.00. Race day registration is \$20.00. Some of the body weight exercises may include: sit-ups, push-ups, squats, lunges, burpees.

Prizes: Trophies will be given to the top male and female in the 5k. Top 3 age group medals will be given per gender. Age Groups: 9 -14, 15 – 19, 20 – 29, 30 -39, 40 – 49, 50 – 59, 60 – 69, 70+. In the 1 mile, top 5 medals per gender.

For more information call: *Ashley Cochran, Jason Blair, or Anthony Brown: 229-294-8623* or E-mail: acochran@pelham-city.k12.ga.us, jblair@pelham-city.k12.ga.us, abrown@pelham-city.k12.ga.us

Mail Form and Entry Fee to: Pelham High School Track & Field Team 720 Barrow Ave. Pelham, GA 31779, Fax: 229-294-6069, e-mail address: acochran@pelham-city.k12.ga.us, jblair@pelham-city.k12.ga.us, abrown@pelham-city.k12.ga.us

Name: _____ Address: _____ 5k: ___ 1 mile: ___

Phone: _____ Gender: M F Age on Race Day: _____ Team: ___ Team Name: _____ Individual: _____

T-shirt Size: Adult : XS S M L XL 2X Youth: S M L XL

Waiver must be read and signed before mailing:

*For and in consideration of my being allowed to participate in the Fitness 5k or Fitness 1 mile, on behalf of myself, my heirs, personal representatives and assigns, I hereby assume all risks and waive all claims for injury or illness which may result, directly, or indirectly, from my participation in the event and agree to indemnify and hold harmless the Pelham City School System, sponsors, organizers and their respective employees, elected officials, appointed officials and any other person or entity associated with the event of and from all actions and claims, including attorney's fees, which may at any time be incurred by reason of my participation in the event. I understand that anyone entering this race who is not adequately trained is taking a definite risk in suffering physical ailments. I do hereby state that I have trained properly and that I am physically prepared to participate in the event, and I expressly assume the risk of any illness or injury which may result from my participation in the event. I authorize the use of any photograph, moving picture or any other graphic depiction made immediately before, during or after the participation in the event by the organizers or others, and I expressly waive any claim or privilege or privacy, or right to compensation for the publication of any such photograph, film or other graphic depiction.

Signature: _____ Date: _____

Parent Signature if child is under 18: _____ Date: _____

