



**Heights Pride
5K Run/ Walk
To Benefit the Spring Lake Heights
Students Activities**



Date: Saturday October 17,2009 **Start Time:** 9:00am

Location: Spring Lake Heights Elementary School(Highway 71 & Brighton Ave)

Entry Fees: \$10.00 for Children \$20.00 for Adults

Awards: Prize and Trophies

- 1st, 2nd, & 3rd place male & female finishers
- 1st male & female SLH Residents
- 1st male & female age group
(15-19, 20-29, 30-39, 40-49, 50-59 & 60-over)
- 1st male & female under 14 years old
- 1st Team awards
(School & Family)
- Random Prize Drawing (must be present)

Early Shirt Pickup: Friday Oct. 16, 2009 at 6:00pm - 8:00pm @ The Porch
(810 Highway 71 SLH)

Saturday 7:30am - 8:45am @ Race

Last Name _____ **First Name** _____

Address _____ **City** _____ **State** _____

Phone _____ **Age** _____ **Male/Female** _____

Team Name _____ **Family/ School**

Shirt Size S M L XL

I know that running a road race is potentially dangerous activity and that I should not enter unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry. I waive and release the Spring Lake Heights Booster Club and PTA, it officers, members and race volunteer, The Borough of Spring lake Heights, their departments, and employees and all sponsors from any and all claims and liabilities of any kind arising out of my participation in this event or the carelessness of persons named in this waiver. Further, I granted to all of the foregoing to use any photographs, videos, recording, or any other record of this event for legitimate purposes.

Signature _____ **Date** _____

