

Shady Grove Elementary's 12th Annual Spring Zing 5K Run and 1-Mile Walk



Saturday, May 3, 2014

Where

Begins and ends at Shady Grove Elementary School, 351 W. Skippack Pike, Ambler, PA

5K Run

T-shirts, refreshments and race bags to all participants (while they last!)

Special award to the overall first male/female runner

Awards to the top 3 male/female runners in the following age categories:

- * 10 and under * 11-14
- * 15-19 * 20-29
- * 30-39 * 40-49
- * 50-59 * 60 and over

Special award to the overall male/female Shady Grove parent, faculty member, student and alumni

Benefitting:

Our continuing mission is to make a difference in the lives of children, both locally and globally. This year we will provide:

- *Educational support for Shady Grove Ethiopia
- *Support for educational activities at Shady Grove through our H&SA
- *Support the Kasander Education Fund, in memory of our beloved 4th grade teacher, Denise Kasander

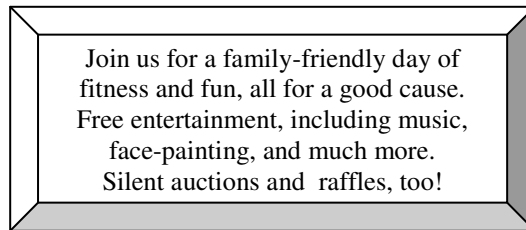
When

Saturday, May 3, 2014
8:00am – Registration/Packet Pick-up
9:00am – 1-Mile Walk
9:30am – 5K Run
Rain or Shine!

Race bag **drive-thru** pick-up on Friday, May 2nd from 3:30pm to 6pm at back entrance of Shady Grove.

1-Mile Walk

One-mile course on school grounds. T-shirts, refreshments and race bags to all participants (while they last!)



Registration

Advance registration by 4-11-14 to guarantee t-shirt.

Registration on or before 4-30-14:
Same price for 5K, 1-Mile Walk or Relay:

- *All WSD students/employees and children 12 and under \$10
- *All others \$20

Late registration after 4-30-14:

- *All WSD students/employees and children 12 and under \$15
- *All others \$25

Please fill out form below (one per participant) and make check payable to **Shady Grove H&SA/Spring Zing** and send to:

Shady Grove Elementary School
Attn: Spring Zing Committee
351 W. Skippack Pike
Ambler, PA 19002

OR

**Register online at
www.springzing5k.com
on or before 4-30-14**

For More Information

Website: www.springzing5k.com

Contact Jen Morehouse at

E-mail: jenmore44@yahoo.com

Phone: 215-460-1811

Return Spring Zing registration form (one per participant) and payment to: Shady Grove ES, 351 W. Skippack Pike, Ambler, PA 19002, Attn: Spring Zing Committee

Name: _____

Address: _____ City: _____ State: _____ ZIP: _____

E-mail address: _____ Phone: _____

Date of Birth: _____ Age on Race Day: _____ Gender: M F Shady Grove Grade/Teacher: _____

Shirt Size (circle one): Youth M (size 10-12) Youth L (size 14-16) Adult S Adult M Adult L Adult XL

Event (circle all that apply): 5K Run 1-Mile Walk Relay (SG students and staff only)

Pricing (circle one): All WSD students/employees, & children 12 & under \$10 All others \$20

Affiliation: (circle one): SG Parent SG Alumni SG/WSD Employee
SG Student WSD Student N/A

I would like to make an additional donation to the Shady Grove H&SA to aid the race beneficiaries in the amount of \$

Please note: All students in 3rd grade or under MUST be accompanied by a registered adult in the 5K.
 Check here if this applies to this child applicant and list adult here: _____

ACKNOWLEDGEMENT, WAIVER, AND RELEASE FROM LIABILITY

I acknowledge that running/walking is an extreme test of a person's physical and mental limits and comes with the potential for death, serious injury and property loss. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN RUNNING/WALKING EVENTS. I certify that I am physically fit, have sufficiently trained for participation of this event, and have not been advised otherwise by a qualified medical person. I also know that, although police protection will be provided, there will be traffic on the course route. I ASSUME THE RISK of running/walking in traffic. I ALSO ASSUME ANY AND ALL OTHER RISKS WITH RUNNING/WALKING THIS EVENT, including but not limited to, falls, contact with other participants, the effects of weather, including cold/heat and/or humidity, and the conditions of the roads, all such risks being known and appreciated by me. In consideration for allowing me to participate in this event, I hereby take the following action for myself, my executors, administrators, heirs, next of kin and successors, and I waive, release, and discharge from any and all claims or liabilities for death, personal injury, property damage or damages of any kind that arise out of or related to my participation in, or my traveling to and from Shady Grove's "Spring Zing 5k race and 1-mile walk", THE FOLLOWING PERSONS OR ENTITIES: Wissahickon School District, Whippan Township and their respective directors and officers, agents, servants and employees, and all event sponsors, race directors, event producers, volunteers, and I AGREE NOT TO SUE any of the persons or entities mentioned above for any of the claims or liabilities I have waived, released, and discharged. The undersigned further grants full permission to the parties listed above and/or agents authorized by them, to use any photographs, video tapes, motion pictures, recordings or other record of this event for any purpose. Applications for minors will be accepted only with a parent's signature.

Printed name: _____ Date: _____ Signature: _____

(Must be signed by parent or guardian if participant is under age of 18)