

# Shady Grove Elementary School's 14th Annual Spring Zing 5K Run and 1 Mile Walk



## Saturday, May 7, 2016

### 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 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 |

### When

Saturday, May 7, 2016

Rain or Shine!

8:00am - Registration/Package Pick-up

9:00am - 1-Mile Walk

9:30am - 5K Run

11:00am - Student/Staff Games

Race bag pick-up on Friday, May 6<sup>th</sup> from 3:30-5:30pm at back of SG.

### 1 Mile Walk

One-mile course on school grounds.  
Fun fitness for the whole family!  
**No pets please.**

Join us for a family-friendly morning of fitness and fun, all for a good cause. Music, face-painting, dunk tank, inflatable obstacle course, food trucks, silent auctions, and much more. Don't miss Shady Grove's biggest event!

### Registration

Advance registration by 4-22-16 to guarantee t-shirt.

#### Registration on or before 5-4-16:

Same price for 5K and/or 1 Mile Walk

- \* All children 12 and under \$10
- \* All others \$15
- \* Family registration \$50

#### Late registration after 5-4-16:

- \* All children 12 and under \$15
- \* All others \$20
- \* Family registration \$65

Please fill out form below (**one per participant**) and make check payable to **Shady Grove H&SA** 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](http://www.springzing5k.com)  
on or before 5-4-16  
Please note: Family registration is only available via paper registration.

### Benefiting:

Our continuing mission is to make a difference in the lives of children, both at Shady Grove and in our community. This year we will provide:

- \* Support for the Wissahickon Valley Boys and Girls Club
- \* Support for educational activities at Shady Grove through our H&SA

### For More Information

[www.springzing5k.com](http://www.springzing5k.com)

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

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 registration includes 1 Mile Walk, 5K Run, or both.

Pricing (circle one): All children 12 & under \$10 All others \$15 Family \$50

Please make all checks payable to "Shady Grove H&SA"

\*\*\*I would like to make an additional donation 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, Whippen 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.**