

1st Annual

# RUN FOR THE KNIGHTS 5K



Saturday, October 6, 2007, 9:00 a.m.

Poland Regional High School

**\$10 IN ADVANCE --- \$15 DAY OF THE RACE**

**Prizes for the top runners --- Race t-shirt for the first 50 to register**

**All Proceeds go to help Light the Knights**

Registration, check-in and number pick-up begins at 7 a.m. the day of the race in PRHS Lobby. Race time is 9:00 a.m. **Cut off for registration by mail is September 29.** Racers may continue to register by dropping registrations in the Co-curricular office or register the day of the race. Parking will be available in the faculty and student parking lots on campus.

The course will feature a 5K loop beginning at the PRHS entrance and finishing at the Poland Regional High School Track. Runners will run down Rt. 26, turn onto Tripp Lake Rd., intersecting with Bakerstown Rd. and finishing at PRHS Rt.11 parking lot.

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Make Checks payable to Poland Regional High School, Light the Knights and mail with completed form to Cathy Griffiths, 28 Pine St., Mechanic Falls, ME 04256; 207-345-9835; e-mail [categriffiths@msn.com](mailto:categriffiths@msn.com); Or deliver to Poland Regional High School, Co-Curricular Office (998-5400 ext 136)

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ e-mail \_\_\_\_\_

**Shirt Size:**  Med  L  XL  Male  Female  Age on 10/6/07

I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to, falls, contact with other runners, the effects of weather, including high heat and/or humidity, traffic, the conditions of trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone acting on my behalf, waive and release to Poland Light the Knights, Poland Regional High School, Knight's Pride Boosters, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, or any other record of this event.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

Parent or Guardian, if under 18: \_\_\_\_\_ Print Name \_\_\_\_\_