

# 7<sup>th</sup> ANNUAL LINCOLN ELEMENTARY FALL INTO FITNESS - 2017

## 5K RUN/WALK and MAPLE MILE – 1 Mile Fun Run/Walk

IN LOVING MEMORY OF JOHN "RALPHIE" MCDAID  
**SATURDAY NOVEMBER 11, 2017.** 5K @ 8:30am and Maple Mile @ 9:30am

You may register on-line @ <http://ultrasignup.com/register.aspx?did=47312> or return registration forms to  
 Lincoln Elementary – 158 S. Scott St. Adrian, MI 49221



Saturday November 11<sup>th</sup>-Lincoln Elementary-158 S. Scott St. – Adrian MI 49221  
 Proceeds benefit Lincoln Elementary and The John "Ralphie" McDaid Memorial Scholarship

- **Register by Wednesday Oct. 25<sup>th</sup> to receive a long sleeved Tech. Fabric T-Shirt. Shirts and/or specific sizes may not be available for registrations received after Oct. 26<sup>th</sup> or on Race Day.**
- **Events :**  \$25 5K with T-shirt  \$15 5K No T-shirt  
 \$15 MAPLE MILE with T-shirt  \$5 Mile No T-Shirt
- **AWARDS** – 5K Overall Male and Female Winners, and 5K top 2 finishers in 5-year age group categories for both males and females
- Call 517.265.8544 or e-mail [sskeels@adrian.k12.mi.us](mailto:sskeels@adrian.k12.mi.us) for more information or visit:

### FALL INTO FITNESS Registration form

Name: \_\_\_\_\_ Age on 11/11/17 \_\_\_\_\_ Gender:  M  F  
 Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**Select Event:**  5K with Shirt \$25  5K No Shirt \$15  1Mile with Shirt \$15  1 Mile No Shirt \$5 **T-Shirt Size:**  YS  YM  YL  AS  AM  AL  AXL  XXL  XXXL

I know that running in any race is a potentially dangerous activity. I am physically fit and trained to participate in this event. I assume all risks associated with running this event including, but not limited to contact with other participants, the effects of weather, conditions on the path and the fact that it is held in the streets. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I for myself and anyone on my behalf, waive and release Adrian Public Schools, Lincoln Elementary, and sponsors of this race, supporters and officials and their representatives and successors from all claims of liability of any kind arising out of this event for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 (parent or guardian, if under 18 years of age)

Pre-Registration: Please return the bottom portion of this form to: Lincoln Elementary 158 S. Scott St. Adrian, MI 49221.  
 Make checks payable to: **Lincoln Elementary**