

Run Your Socks Off 5k



Saturday May 19, 2018

**Swallow School
W299 N5614 County Road E
Hartland, WI 53029**

**5K start at 8:30AM
1/4 mile Fun Run at 9:20AM
Health Fair & Sponsor Exhibit
at 8:30AM**

PLATINUM SPONSOR
Orthopaedic Associates of Wisconsin

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Lawns R Us
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COMMUNITY PARTNERS
Burghardt Sporting Goods
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Fit Body Boot Camp
Hartland Family Chiropractic
InStep PT & Running Ctr.
Little Switzerland
M3
Milwaukee Symphony Orchestra
New'd Clothing
Piggly Wiggly Hartland
Village Graphics Printing LLC

PARTICIPANT & PARENT / GUARDIAN CONSENT FORM AND LIABILITY WAIVER

Participant name(s): _____ Birth Date: _____

Parent/Guardian Name: _____ Emergency Contact name & phone: _____

LIABILITY WAIVER: I know that running [volunteering for] a road race is a potentially hazardous activity. By my signature, I certify that I am medically able to perform this event, and I am in good health, and I am properly trained. I assume all risks associated with participating in this event with or without the use of a stroller/jogger, including but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I for myself or named minor and anyone entitled to act on my behalf, waive and release Swallow School, Swallow Education Foundation, Village of Hartland, and all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I also give my full permission for such first aid as deemed necessary to be provided to me or my child on the premises or prior to transport to a hospital for further treatment.

If the participant is a minor, as their parent/legal guardian I grant permission for my child to participate in the Run your Socks Off 5k Race or Fun Run at Swallow School. I hereby warrant that to the best of my knowledge, my child is in good health and medically able to participate, and I assume full responsibility for the care, supervision, and actions of my child during the above-described runs. I give my permission for photos to be taken for promotion of future races.

Participant Signature: _____ Date: _____

Signature of Parent/Legal Guardian: _____ Date: _____

Run Your Socks Off 5k

Put on your fun silly socks and walk/run to benefit the Swallow School Education Foundation



RACE INFO: The Swallow 5k is a family friendly race that offers something for everyone. Competitive runners, casual joggers, walkers, and strollers are all welcome. All 5k participants will receive a drift race shirt and goody bag if registered by May 5th and then while supplies last. Food and drink will be available after the race. Enjoy a Health Fair & Sponsor Exhibit starting at 8:30AM.

COURSE: Chip timed, flat, leaving Swallow School through Four Winds subdivision and paved trail.

RACE FEES:

- Individual - by May 5 \$25
 - Individual - May 6 to race day \$30
 - Immediate Family (4-7 participants) by May 5 \$85.00
 - Immediate Family (4-7 participants) May 6 to race day \$105.00
- *Maximum number of Shirts is 7 per family reg.
 I would like to be Family Sponsor _____ \$50 or _____ \$100 donation (recognition on board at school and at race)
 1/4 Mile Fun Run - 9:20AM (Free) _____

Checks written out to **Swallow Education Foundation**

AWARDS: Prizes for overall male and female winner sponsored by InStep. Medals awarded to the top three places in each category as follows: 5-7, 8-10, 11-13, 14-16, 17-19, 5 years to 59 then 60+. Swallow School homeroom with the most participants will win an ice cream party.

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REGISTRATION FORM

NAME: _____ AGE: _____ M / F
 PHONE: _____ Email: _____
 ADDRESS: _____ CITY: _____ STATE: _____ ZIP _____

1st Hour Homeroom(s): _____
 T-shirt Size (runs big): Youth S, M, L, XL Adult S, M, L, XL, XXL (add \$2.00 for XXL)

FAMILY REGISTRATION

RUNNERS NAME	AGE	GENDER	SHIRT SIZE (YS, YM, YL, YXL, S, M, L, XL, XXL)
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____

Extra Shirts - \$8.00 each # _____ Size(s) _____

RACE BIB/BAG PICK UP:

Endurance House 2736 Hillside Dr, Delafield, WI 53018 Thursday, May 17th and Friday, May 18 10AM-7PM. Race Day at Swallow School 7:15AM - 8:15AM.

DRIVING DIRECTIONS/PARKING:

Swallow School is located at W299 N5614 County Road E, Hartland WI 53029 on the corner of K and E. Parking will be guided into adjacent lots near School.

FUN RUN: 1/4 mile run for kids 7 and under with a parent/guardian registered for the 5K. All finishers receive a ribbon. T-shirts for Fun Run participants provided in family registration or available to purchase.

REGISTRATION/QUESTIONS: Mail in this completed application or register online at www.raceentry.com/race-reviews/ryso

For updates go to the registration page above, or use our link at www.facebook.com/swallow5k. Any other questions, email swallowschool5k@gmail.com

SWALLOW EDUCATION FOUNDATION

The 2018 race will provide funds to support Swallow School's investment plan including indoor fitness spaces, upgrading classrooms, and emotional wellness programs. Swallow recognizes the need to provide a safe and enjoyable environment for our students to have fun, create balance in the day, and promote the social aspect of physical activity. We greatly appreciate your support.

Payment: Checks made to **Swallow Education Foundation** and sent with completed application to:
Swallow School

Attn: Swallow Education Foundation 5k • W299 N5614 County Road E, Hartland WI 53029.