



**Penn Manor Elementary Cross-Country "Run for Fitness"
Kindergarten and 1st Grade 1/4 mile run & Grades 2-6 (1/2 mile run)**

This event is being sponsored by:
*****Millersville Lions Club*****

DATE AND TIME

The races will start at 2:00 pm on Sunday, September 29, 2013 at Manor Middle School. The event is held rain or shine.

REGISTRATION

No ENTRY FEE!!! Bring your completed entry form to the Run on Race Day. You may register on race day at Manor Middle between (1pm-1:45pm). Contact Jeff Roth, Athletic Director, Penn Manor High School (872-9520 x1367) with additional questions.

AWARDS

The **Traveling Trophy** will be presented to the elementary school with the highest percentage of students participating in the run. All runners receive a specially designed ribbon. The top five place winners are invited to the Lancaster County Championship Race (information to be provided day of the run).

******* A Pizza Party will be given to the runners from the school winning the Participation Trophy immediately after the races and awards*******

COURSE

*The races will be run within the boundaries of Manor Middle School (all grass course). **Approximate start times:** Kindergarten Fun Run – 2:00 1st Grade – 2:10 2nd Grade – 2:20 3rd Grade – 2:30 4th Grade 2:40 5th Grade – 2:50 6th Grade – 3:00*

----- TEAR OFF AND RETURN TO YOUR TEACHER -----

RUN FOR FITNESS APPLICATION (fill out one per student)

Last Name	First Name	Boy or Girl (Circle one)
Elementary School	Grade	

RELEASE FORM:

In consideration of accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators waive and release any and all rights and claims for losses, and damages I may have against **Millersville Lions Club, Penn Manor School District** and all other parties for any and all injuries suffered by me in said event. This event is not sponsored by Penn Manor School District. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event, and my physical condition has been verified by a licensed medical doctor. This waiver must be signed and turned in, in order to participate.

Parent's signature on behalf of Minor	Date