



**Sikeston Public Schools Foundation**  
**5K Run/Walk/COLOR RUN**  
**Saturday, April 21, 2018**  
**8 a.m. start @ SHS Pavilion**  
*Registration from 7-7:45 a.m.*

**Entry Fee:** \$20 early registration by March 31 (t-shirt guaranteed)  
\$25 After April 1st ***Please make checks payable to SPSF***

**Course:** A flat, fast loop that begins and ends at the SHS Pavilion. You will see The SCTC, Sikeston High School, Matthews Elementary, The Board of Education, The 5<sup>th</sup>/6<sup>th</sup> Grade Center, The Field House, and Sikeston Public Schools Stadium.

**LITTLE BULLDOG RACE: Ages 4-9. This race will be held prior to 5K start. (\$10)**

**5K Run Age Groups Male & Female:** 10-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+  
*Medals awarded to overall Male & Female finisher, as well as the top 3 in each age category*

**5K Walk:** Open to all, non-competitive

**Virtual Runner:** Can't run or attend? Be a Virtual runner! For \$20 you can still support the SPSF!!

**Awards Ceremony:** Immediately following the race at the SHS Pavilion

**Parking Available**

Name\_\_\_\_\_ Age on Race Day\_\_\_\_\_

Event (*please circle one*)      Little Bulldog Race      5K Run      5K Walk      Virtual Runner

Address\_\_\_\_\_

E-mail\_\_\_\_\_ phone #\_\_\_\_\_

***Register by March 31 to ensure a t-shirt***

T-shirt Size (*please circle one*)      Youth    S    M    L      Adult    S    M    L    XL    2XL

Waiver: In consideration of being permitted to participate in the Sikeston Public Schools Foundation 5K Run/Walk, I, for myself and personal representatives, release, waive, discharge and covenant not to sue the Sikeston Public Schools Foundation, its agents and employees, and the Sikeston R-6 School district, its agents and employees, (all entities and individuals collectively referred to as "SPS") from all liability on account of injury to the person or property of the undersigned, caused by the negligence of SPS while the undersigned is participating in the 5K Run/Walk and all events and activities in connection therewith. Further, the undersigned hereby releases and forever discharges SPS, their successors and assigns, of and from any and every claim, demand, action or right of action, of whatsoever kind of nature, arising from or by reason of any bodily injury which may occur as a result of my participation in the 5K Run/Walk and all events and activities in connection therewith. The undersigned hereby expressly agrees that this release and waiver is intended to be as broad and inclusive as permitted by the laws of the State of Missouri and that if any portion hereof is held invalid, it is agreed that the balance shall; notwithstanding, continue in full legal force and effect. The undersigns further states that he/she has carefully read the forgoing General Release, knows the contents thereof and has signed this General Release as his/her own free act.

Signature\_\_\_\_\_ Date\_\_\_\_\_

**Please return check (payable to SPSF) and entry form to:**  
**Lauren DeWitt, 1002 Virginia St., Sikeston, MO 63801**  
**For questions, email [ldewitt@sikeston.k12.mo.us](mailto:ldewitt@sikeston.k12.mo.us)**