

13th Annual Healthy Walk/Run

March 24, 2018

Grab your family and lace up your running /walking shoes. It is time for the 13th Annual Healthy Heart 5K walk or run at Liberty Elementary. Bring your family and friends and join us for some fun in the sun. We want everybody to have a great and safe time, so please review the tips below!

Here's a few tips:

- Wear comfortable clothing and shoes
- Bring extra water
- Wear sunscreen and a hat

Registration 8:30 a.m.

Liberty Elementary
19818 W. U.S. Hwy. 85 Buckeye, AZ 85326

Tiny Tootsies Run 9:10 a.m.

This run is for 4 & under.

Speedy Sneakers 9:15 a.m.

This run is for 5 and 6 year olds.

5K Healthy Heart Walk/Run 9:30 a.m.

This run is for all the rest. Everyone is welcome to join in the fun.

Cool Down and Celebration

10:00 a.m. or when the last participant has finished!

Cut on dotted line and return to school PE teacher.



Registration Form & Release

March 24, 2018

Registration beginning at 8:30 a.m.

I understand that there are risks associated with strenuous physical exertion with this event, including but not limited to those caused by the terrain, weather conditions, condition of the athlete including lack of hydration. I also understand that if I have any doubt regarding my ability to walk/run this 5K, I should not put myself at risk and should seek the attention of my health care provider.

I hereby waive, release and discharge any claims for damage, death, personal injury, property damage and/or action of any kind which may hereafter occur to me or any other person as a result of participation in this event.

Adult Name: _____ Signature _____

Age: _____ Gender: F M Race: 5K Shirt Size: _____

Name: _____

Age: _____ Gender: F M Race: Tiny Speedy 5K Shirt Size _____

Name: _____

Age: _____ Gender: F M Race: Tiny Speedy 5K Shirt Size _____

Name: _____

Age: _____ Gender: F M Race: Tiny Speedy 5K Shirt Size _____

Name: _____

Age: _____ Gender: F M Race: Tiny Speedy 5K Shirt Size _____

Emergency Contact: _____ Emergency Contact #: _____

School: Estrella Freedom Liberty Rainbow Westar Las Brisas

Due with registration form

\$10 per person or

\$35.00 per family

(up to 5 immediate family members)

Make checks payable to: Liberty Elementary

For Office Use

Check # _____

Cash

Date Received: _____

Amount Received

\$ _____

TO RECEIVE AN EVENT SHIRT YOU MUST BE REGISTERED BY March 6th !! Shirt sizes available are: YS YM YL AS AM AL AXL

Participants will enjoy their 5K run through the beautiful, open farmland provided by the Vanderway Family. Thank you so much!