

Bear Dash
5K Run/Walk
Saturday, April 14, 2018
9:00 a.m.

Race Location: Bramlette Elementary School. Registration begins at 8:00 am in the School Parking Lot. Early registration can be completed and forwarded to our school before the dated of the event.

Course Descriptions: **Flat start** from Bramlette follow path to Johnston/Woodcrest through neighborhoods on Hillmont, Willow Oak, and Meadowbrook. Cross the creek, take path to Tupelo. **Slightly hilly** throughout McCann, Northcutt, Edith, Yale, Court, Harvard, and High St. Flat at the end of course Tupelo, School St., and path to the front of our school.

Awards: Top three male and females receive medals. Top three boys and girls receive medals.

Proceeds: Benefit the students of Bramlette Elementary

Entry Cost Information: \$20 with T-shirt for adults, \$10 with T-shirt for students 18 and under

Form Return Date: Monday, April 2, 2018

Other Information: Timing by the Running Club clock

Make Checks to: Bramlette Elementary and mail to: 111 Tupelo Longview, Tx 75601

Contact: Nikita L. Mumphrey 903-803-5600, fax 903-803-5601, or email nmumphrey@lisd.org

Website: Bear Dash forms are also available online at www.lisd.org. Results will also be posted at the end of the event.

-----Detach Here-----

Bear Dash Entry Form

Name _____ Sex _____ Age _____

Address _____ City _____ State _____ Zip Code _____

Phone _____ Email Address _____

Shirt Size (circle one) SM M L XL NONE

Name of affiliation of Club or Team _____

Waiver (Must Be Signed)

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any and all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I appear for any legitimate purpose, including advertising.

Signature _____ Date _____

Parent or Guardian if under 18 _____