



Timber Ridge 5K Walk/Run for ALS

When: Sunday, May 3, 2015

Check-In: 3:30 p.m. **Start Time:** 4:00 p.m.

Where: Timber Ridge Elementary - The walk/run will start and finish at the school.

Why: This is a fundraiser for ALS. It's also a great opportunity to be physical as a family.

Entry form for Timber Ridge 5K Walk/Run (Feel free to make copies of this form)

Name _____

Address _____

Phone _____

Entry fees: (Please make checks payable to
Timber Ridge PTO)

Adult \$15 _____

Child \$10 _____

Family of 4 or more \$50 _____

Total _____

T-Shirt Sizes:

Adult (circle size): S M L XL XXL

Youth (circle size): S M L

*To guarantee sizes, return this form to
school by Wednesday April 15th*

Questions: Penny Dolberg:
penny.dolberg@gmail.com

Lacey Giunta:
laceygiunta@gmail.com

In consideration of your acceptance of this entry, I hereby, for myself, heirs, executors & administrators, waive any and all rights and claims for damages I may have against the run/walk, cities of Johnston and Urbandale, & Johnston Community Schools associated with this event: their agents, representatives, successors & assigns for any and all injuries suffered by myself in said event. I attest and verify that I have full knowledge of the risks involved in this event & I am physically fit & sufficiently trained to participate in this event.

Date

Signature

Signature of parent/ guardian, if under 18