



Super Hero 5k Run & Walk

Saturday September 16

@ 8 a.m.

Day of registration opens at 7 a.m.

Entry Fees

* Entry fee includes t-shirt

\$25 5k before September 1st

\$15 1 mile fun run before September 1st

\$30 5k after September 2nd

\$20 1 mile fun run after September 2nd

If participating in both \$30 for 5K/fun run before September 1st, \$35 after September 2nd

Family Pricing

\$100 for 2 Adults & children under 14 in one household September 1st

\$125 for 2 Adults & children under 14 in one household after September 2nd

Free entry for our local super Heroes!!!!

Law enforcement, Fire fighters, EMTs and Military (active, reserve and retired)

***must show ID**

Age Divisions

0-14 15-19
 20-29 30-39
 40-49 50-59
 60 & over

Awards

First male and female to complete

 First, second and third place in age each division

**Join us after the race
 in the school for
 awards!!!**

Name _____ Sex _____ age as of 9/16/17: _____

Home/Cell Phone: _____ Email Address: _____

Address: _____ City _____ State: _____

Circle your pick

Is this entry part of a family packet: yes no

Shirt Style: T-shirt Sleeveless No shirt Return completed form to:

Shirt Size: YS YM YL S M L XL XXL Trinity Lutheran School

Race to be ran 5k 1m both Attn: Trinity Trot

Super Heroes mark here for free entry

1215 W. 7th St
 Fort Morgan, CO 80701

Sign consent on back

Trinity Trot Race Day Map



Release and waiver of liability: I, the undersigned, in consideration of the opportunity to participate and the acceptance of my entry in this event, intending to be legally bound, do hereby, on behalf of myself, my heirs and legal and personal representatives, release, waive and forever discharge any and all claims for injuries and damages to my person or property, including any and all claims for such injuries and damages resulting from negligent acts or conduct, and including any and all causes of action relating thereto, which might have or against the Trinity Lutheran School and Church, its affiliates, officers, board members representatives for any and all injuries and damages which I may sustain in this event. I further state that I have sufficiently trained fro and that I am in proper physical condition to participate I this event. I further grant authorization for this free use of my name and /or photographs, video tapes, motion pictures, recordings or any other record or transaction of my participation in this event, including, but not limited to, advertisements of or publicity, or other media accounts pertaining to this event.

Participant's signature _____ Date: _____

*If under 18 years, participant's parent or guardian must sign_