10:00 a.m. Cardinal 5K Run/Walk on Oct. 29

Registration Form Due Friday, October 14, 2011

First Name **M.** **Last Name**

Address **Gender M/F** **Age on 10/14/11**

City **Phone Number**

E-Mail Address

Entry Fee:

_____ $20 Registration by Oct. 14, includes a long-sleeved T-Shirt

Adult T's: S M L XL XXL XXXL

Youth T's: YS YM YL (Circle Size Preference)

_____ $15 Reduced Registration by Oct. 14—"No T-Shirt Option"

_____ $25 Late Entry Fee after Oct. 14--No T-Shirts will be available

Questions? Contact Karla Cazett at 641-792-5797, ext. 2108, cazettk@newton.k12.ia.us

MAIL TO: Cardinal 5K Fun Run/Walk
Newton High School
800 E. 4th St. S
Newton, IA 50208

IN PERSON: At NHS office, school store, or DECA Room 108

I hereby, for myself, and whomever it may concern, waive any and all rights and claims for damages I may or hereafter have against individuals associated with this event, their representatives and successors, for any and all injuries suffered by me in said event, and that I am physically fit and satisfactorily trained to participate in it, and have no medical or physical conditions that prevent my participation in it. I give my permission for the use of my name and picture in any media account of this event.

_____ _____

Signature of Participant Date

_____ _____

Signature of Parent or Guardian (necessary for students, age 18 or younger) Date

Return this part of the form

Keep this part of the form for important event information on the back

5K Costume Contest

Meet at North Goal Post @ 9:45 a.m. for costume judging!

Prizes for Best Costume, Most Creative, & Other Categories!

To Benefit Your Health, The NHS After-Prom Party, & NHS DECA Activities

Winners of awards and prizes will be posted at www.newton.k12.ia.us