

GET F.I.T. FOR THE POND COVE 5K CHALLENGE!



Friends In Training

Join us to Run! Join us for Fun!

Join us after school as we run and have fun training for the 13th Annual Pond Cove Challenge

(Sponsored by Legacy Properties Sotheby's International Realty)

Details:

- ⇒ F.I.T. is a quick-start program for grades K-4 designed to teach children healthy running skills. F.I.T. will be held May 3rd to June 2nd (The Pond Cove Challenge is Sunday, June 5th).
- ⇒ Total of 10 sessions—Tuesdays and Thursdays 3:00-3:55 (we'll finish in time for the late bus).
- ⇒ Participants **must** wear running sneakers (absolutely no crocs, sandals, flip-flops, etc.) and are encouraged to wear loose/weather-appropriate clothing and to bring a water bottle.
- ⇒ Cancellations: If it is raining at 1:30 on training day, check your e-mail and/or the Community Services website.
- ⇒ For the final session on June 2nd, we will run the actual race course for either the Pond Cove Challenge or the One Mile Dash, based upon individual running goals.
- ⇒ You can find more information at www.capepcpa.org

New This Year:

1. Participation in F.I.T. requires pre-registration for the 5K Challenge or the One Mile Dash.
2. Registration will be capped so that we can maintain a safe runner/trainer ratio.

To join the fun, please fill out the form below and return it to Community Services.
Please make checks payable to CECS, or sign-up online at www.cape.k12.me.us/commserv.htm

Please sign me up for F.I.T. (Friends In Training)!
(All fields required. Please see other side for mandatory waiver.)

Pond Cove **5k**
CHALLENGE

Name _____

Age _____ Grade _____ Teacher _____

Email Address _____ Phone _____

Emergency Contact _____

Medical or other Concerns _____

Parent Signature _____ Child Signature _____

T-Shirt Size (*circle one*): Youth: Extra Small Small Medium Large Extra Large

Race Registering for: **5K Challenge** or **One Mile Dash** (*circle one*)
\$19.00 **\$13.00**

Mandatory Waiver

I understand that running a road race is a potentially hazardous activity. I further understand that I should not enter the road race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I'll assume all risks associated with running the event including but not limited to falls, contact with other participants, the effects of weather including high heat or humidity, traffic and conditions of the road, all such risks being understood and appreciated by me.

Having read this waiver and understanding these facts, and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf waive and release the timing company, PCPA, Cape Elizabeth Schools Dept. and all its sponsors, their representatives and successors from any claims or liabilities or causes of action of any kind arising out of my participation in this event.

Please initial if you agree to the terms listed above.

If under 18, a parent must initial for you.

Initial here: _____