

WEST BLADEN HIGH SCHOOL JROTC PRESENTS

“101 family fun & 5k run”



SATURDAY, 29 APRIL, 2017

5k RUN-WALK AND FAMILY FUN DAY AT THE WESTFIT TRAIL, WEST BLADEN HIGH SCHOOL, BLADENBORO NC 28320

EVENTS INCLUDE: 5K FUN RUN/WALK, FOOD, BEVERAGES, FREE ZUMBA WARM-UP CLASS, DANCING, PRIZE DRAWINGS, SERVICE DOG DEMONSTRATION, AND MUCH MORE!

TIMELINE: 5k WALK/RUN STARTS ON SATURDAY, 29 APRIL 2017 AT 10:00 AM SHARP!

- FRIDAY, 28 APR 3:00-5:00 PM, REGISTRATION/ PACKET PICK-UP AT WBHS JROTC DEPARTMENT.
- SATURDAY, 29 APR 8:00-9:00 AM, LATE REGISTRATION, PACKET PICK-UP @WBHS JROTC.
- SATURDAY, 29 APR, 9:00-9:30 AM, OPENING CEREMONY/ZUMBA WARM-UP CLASS.
- SATURDAY, 29 APR, 10:00 AM-1:00 PM, RUN/WALK, AWARDS CEREMONY, FAMILY ACTIVITIES.

CALL COL ELI BALLARD FOR DETAILS (910-862-3353 ext: 36816)

5K RUN/WALK REGISTRATION COST IS \$20.00. INCLUDES DRI-FIT T-SHIRT AND GOODIE BAG.
MEDALS TO TOP 10 MALE, FEMALE AND YOUTH (UNDER 13) FINISHERS!

Name _____ Sex ____ Age ____
Address _____
City, State Zip _____
Phone _____ E-mail _____
T- SHIRT SIZE (circle One) SM M L XL NONE

Waiver (MUST BE SIGNED)

In consideration of your accepting this entry ,I, the undersigned, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against Bladen County Schools and their representatives, successors, subordinates 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 may appear for any legitimate purpose, including advertising and promotion.

Signature _____ Date _____

Parent or Guardian if under 18 _____

No refunds. Clip off and return application with payment to: , West Bladen High School, Attn: JROTC, COL Ballard 1600 NC HWY 410, Bladenboro, NC 28320. Make check payable to West Bladen High School JROTC.