



Midlothian ISD Education Foundation

Friday, April 16, 6-8 p.m.

**Pasta Dinner, Student Performances, and
Student Art Contest and Auction**



Saturday, April 17, 7 a.m.-11 a.m.

**7 a.m. Registration 8 a.m. 5K* Race Start, 10:30 a.m. Awards
*US Track and Field Certified 5K Course**

This is a family friendly event that benefits the Midlothian ISD Education Foundation (MEF). The MEF is a 501(c)(3) nonprofit tax-exempt philanthropic organization of citizens that share a vision of enhancing education in Midlothian ISD. It works to increase private support for educational activities at MISD which benefit students and personnel by supporting activities not funded by tax dollars.

Registration of \$30 includes T-shirt, Runner Goody Bag, and Pasta Dinner Ticket. Pasta Dinner Tickets are also being sold separately for \$10/person. The 5K course will be paved with some hills. A 1-mile course is also available. A course map, along with art contest rules and guidelines are on the MISD and MEF website. Awards will be given to the top three runners in each age group and one overall male and one overall female finisher. Age groups include Male and Female categories for ages 11-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and over. All participants under the age of 11 will receive a participation ribbon.

For more information or to inquire about event sponsorship information, please contact MEF Executive Director Kristin Zastoupil at (972) 775-8296 x 1281 or foundation@midlothian-isd.net.

REGISTRATION INFORMATION

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____ T-shirt size: S M L XL XXL YS YM YL

Phone: (____) _____ E-mail: _____

Waiver and Release

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also assume any and all other risks associated with running this event, including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity and the condition of the roads, all such risks being known and appreciated by me. I agree to abide by all decisions of the race officials relative to my ability to safely complete this race. I agree not to wear headsets, roller blades or skates during the race. I agree not to bring baby strollers/joggers, scooters or dogs onto the race course. (Baby strollers/joggers and dogs are permitted on the walk.) Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge the Midlothian ISD Education Foundation and Midlothian ISD including Race Officials; Volunteers; any and all sponsors including their agents, employees, assigns or anyone acting for or on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event though that liability may arise out of negligence or care less ness on the part of the persons named in this waiver. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to all of the persons or entities in this waiver and/or agents authorized by them to use any photographs, videotapes, videotapes, motion pictures recording, or any other record of this event for any purpose. Applications for minors will be accepted only with a parent's signature. (If a parent is signing on behalf of a minor, then the parent agrees to defend and indemnify all persons and entities listed in the second paragraph of this Release & Waiver against any claim brought against them by that minor at any time, arising out of the minor's participation in this event.)

Signature

5K Race Registration: \$30* (includes T-shirt, goody bag, and pasta dinner ticket)

1 Mile Registration: FREE (but must complete and sign form above; \$10 for a T-shirt)

Pasta Dinner Ticket only: \$10

Please make checks payable to MEF, P.O. Box 1906, Midlothian, TX 76065.