



Grand Haven High School is hosting the 7th annual CF5k Run/Walk on May 19th at 9 a.m. COLOR RUN!

- 1** SIGN UP! Return the bottom of this form & \$30.00 registration fee [cash or checks to GHHS (memo: CF5K)] to GHHS main office NO LATER THAN May 5th to guarantee your spot! *Race day registration will be available but the spots will be VERY limited!
- 2** MARK YOUR CALENDAR: MAY 19 (and plan to arrive by 8:40 a.m. to gear up!)
- 3** BE THERE ON RACE DAY! See cf5kcolorrn.com for race day tips and more information.

Know your cause: The Cystic Fibrosis Foundation

Cystic Fibrosis (CF) is a genetically inherited life-threatening disease that affects the lungs and digestive system. It can lead to fatal infections and cause difficulty absorbing nutrients from food. (For more information see www.cff.org)

Your money helps continue the search for a cure!

Any questions? See our website! cf5kcolorrn.com *Additional sign ups can be found here



Name(print) _____ email: _____

T-shirt size: **Adult** S M L XL XXL **Youth** S M L

Waiver: 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 agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and humidity, traffic and the conditions of the road and trail. I understand and appreciate all such risks this race may entail. Having read this waiver, I release Grand Haven High School Student Senate, GHAPS, and other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission of all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.



SIGNATURE _____