



# Cougar Literacy 5K Run/Walk

Saturday, May 5th, 2018 at 7:59am

Cougar Elementary School, 9330 Brandon Street,  
Manassas Park, VA 20111

**Proceeds benefit all students' literacy development at Cougar Elementary and Manassas Park Elementary Schools. Previous funds purchased Google Nexus tablets, cases, carts and print resources.**

**Registration:** One participant per entry form. Race is rain or shine. No refunds. \*Additional entry forms can be printed until **April 27th** from: [www.mpark.net](http://www.mpark.net) → **Our Schools** → **Manassas Park Elementary School** → **Student Life** click on **Cougar Literacy Run**

**\*Online Registration is available until May 3rd, 2018.**

**Entry Fees:**

- Single applicant - \$30
- Family of 4+ - \$20/each
- Manassas Park Staff or Student - \$25
- Veteran/Military Discount - \$25

**Packet Pick-up and Registration:** 7:00 am -7:45 am - Packets will be given out to registered runners and on a first-come, first-serve basis.

Parking accessible only on Cougar Court, **NOT** on Brandon Street.

**Awards:** 9:00 am - Top three overall finishers (Male/Female), Youngest 5K participant and 1st and 2nd Male and Female in the following age groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

\*Raffle prizes will be announced following awards.

**Kids' One Mile Fun Run:** 10:00 am - (for CES and MPES students and families) There is no fee for this event if the student met his or her reading goal!

**Post-Race:** Drinks and small post-race refreshments will be provided. Local vendors will be present.

**Race Director:** Jessica McDonald (email): [literacyrun@mpark.net](mailto:literacyrun@mpark.net) (phone) 703-368-2032

## Cougar Literacy 5K Entry Form

*(this form is NOT for the Kids' Run)*

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Male/Female (circle) AGE (as of 5/5/18): \_\_\_\_\_ BIRTHDATE: \_\_\_/\_\_\_/\_\_\_

Street Address: \_\_\_\_\_ Email (for confirmation): \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Ph#: \_\_\_\_\_

**T-shirt Size** Youth YS YM YL  
 Adult S M L XL XXL (additional \$2)  
 (T-shirts are guaranteed for entries received by April 6th)

ENTRY FEE: \_\_\_\_\_  
 Please make checks payable to:  
**BELL**

**\*Please read and sign waiver on back of sheet and send in bottom portion of the race form.**

**Mail completed entry and payment to:**

Manassas Park Elementary School, ATTN: Jessica McDonald, 9298 Cougar Court, Manassas Park, VA 20111

## Cougar Literacy 5K Waiver

I know that running/participating in a road race is a potentially hazardous and physical activity. I will not enter or participate unless I am medically and mentally able, had a recent physical with approval to participate and properly trained. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry to participate in the Cougar Literacy 5K (herein after the Event) to be held on May 5<sup>th</sup>, 2018, in Manassas Park, VA, I, intending to be legally bound, do hereby for myself, my heirs, my executors and administrators agree as follows:

1. I do waive and forever release any and all rights and claims for any damages, injuries and liabilities of any kind arising out of my participation in the 5K Event against all persons, entities and agencies involved with promoting and holding the Event, including but not limited to Manassas Park City Schools, all of the subsidiary schools of Manassas Park City Schools, Manassas Park Elementary School, the Manassas Park Elementary and Cougar Elementary School PTO, all sponsors, volunteers and vendors of the event, their agents, successors, representatives and assigns even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.
2. I assume the risk of all bodily injuries, including death, resulting therefrom, and personal injuries to me and damage to and loss of my property, including loss of use thereof and any other indirect or consequential damages, resulting directly or indirectly, wholly or in part, from my participation in the Event and while traveling to and from the Event.
3. I hereby agree and consent, for myself and/or for a minor under the age of eighteen for whom I am signing, to indemnify, defend, and hold the entities named above harmless from and against any and all claims, liabilities, losses and damages, costs, expenses (including attorneys' fees) judgments and penalties arising out of any of my, and or said minors, acts or omissions to act.
4. I understand that the Event reserves the right to use any and all participants' names and photos and/or likeness with regard to promotional and/or advertising materials.
5. I understand that all entry fees are non-refundable.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian of Participant if under 18

\_\_\_\_\_  
Date