

Get in Shape for our Road Race/Family Fun Run



In preparation for our upcoming
Road Race/Family Fun Run & Walk on Sunday, September 23rd
at SNHU in Manchester, we will be holding fun after school conditioning
sessions for our students.

Not sure if your child likes to run?

This is the perfect opportunity to have them try it out!

What is the cost of the Conditioning Sessions?

Free for those who are registered for the Fun Run or Road Race;
\$10 per student for those who are not registered.

**To Register for the Road Race/Family Fun Run & Walk,
on September 23rd**

please visit: www.MillFalls.org homepage

or return the completed Paper Registration form (on the back of this page), along with
your payment, to the front desk!

Sessions will be held at school, are age-specific & scheduled as follows:

For Children in K & Lower Elementary (grades K-3)

Monday, September 10th & Monday, September 17th from 3-4pm

For Children in Upper Elementary (grades 4-6)

Thursday, September 13th & Thursday, September 20th from 3-4pm.

Yes! My child will be attending the After School Conditioning Sessions!

Please complete and return to the front office by September 10th; there are limited spots available!

Child's Name: _____ **Classroom:** _____

Parent Name: _____ **Emergency Tel. Number:** _____

Any Health Concerns: _____

I give permission for my child/children to attend this program:

Parent's Signature: _____

Please be sure to return this form by Monday, September 9th at 9am! Thank you!



Road Race & Family Fun Run

Fun for the whole family!!

Sunday, September 23rd @ 9am
@ Southern New Hampshire University

**REGISTER ONLINE AT WWW.MILLFALLS.ORG OR COMPLETE THIS FORM &
SEND SEND/BRING YOUR PAYMENT IN TO THE FRONT OFFICE**

PAPER REGISTRATIOIN

Please Select:

- Road Race Adult- \$20 Road Race Youth (under 14)- \$10
 Fun Run- \$10
 Family (2 adult+ youth)- \$50max

First & Last Name(s): _____ Male/Female Age: _____
First & Last Name(s) _____ Male/Female Age: _____
First & Last Name(s) _____ Male/Female Age: _____
Cell Phone (for texted results) _____ Email: _____

First 100 Registrants get a free T-Shirt!

Size(s): ___ Adult M ___ Adult L ___ Adult XL ___ Youth M ___ Youth L

I know that running [volunteering for] a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. 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/or humidity, traffic and the conditions of the road all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Best of Both Worlds 5K and Fun Run, the city of Manchester NH, Southern New Hampshire University and Mill Falls Charter School, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. Enter signature on the line to acknowledge you have read and accept the waiver: _____

By checking this box, you agree that you have read, understood and agreed to: (i) the waiver(s) above, (ii) [Privacy Policy](#), (iii) [Terms of Service](#). You also are 18 or older, or have the authority to register these participants and agree to the waiver(s) for them as their parent or legal guardian. By registering a child under 13, you are consenting to the collection of the child's information that you are providing for the purposes of registration.