



# 2023 Jets 5K and 10K

**Saturday, October 7, 2023**

**7:30 Registration / 9:00 Start**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

In Case of an Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

**Circle One:**

10K: \$30    5K Walk-Run-: \$20    Household Rate for 5K: \$100

T-Shirt Only Donation

**T-Shirt Size (Circle One):**

Adult      Youth

S    M    L    XL    XXL    3XL    No Shirt

**Payment:**

Make Checks or Money Orders Payable to Jeffers High School

*Mail applications to:*  
JHS 5K Walk-Run & 10K  
c/o Jeffers High School  
P.O. Box 37  
Painesdale, MI 49955

***Flip Page for Waiver***

## **Waiver (must be signed by participant or parent/guardian if under 18)**

I have full knowledge of and assume the risks (heat exhaustion, heat stroke, personal injury, etc.) involved in training for and participating in the Jets 5K Walk/Run and 10K and represent that I am physically fit and sufficiently trained to participate therein. I hereby agree that Jeffers High School, its School Board, Booster Club, employees and volunteers working the race shall not be liable for injury, loss, or claim I may sustain while participating in activities of any kind sponsored by Jeffers High School. The undersigned hereby further consents to the event staff obtaining whatever medical treatment and/or care is deemed necessary by such staff for health and well being of the participant during the course race. This includes the consent to obtain and have administered any emergency medical or surgical treatment recommended by any physician to practice medicine in the state of Michigan.

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Participant Signature or Guardian Signature / Date

**Athletes Name:**

**Sport Represented:**

*Cancellation/Refund Policy: Refunds will not be issued. This race is for fundraising purposes. All proceeds will go to the Jeffers High School Athletic Department. There will be no exceptions.*

