



2023 Jets 5K/10K Walk/Run

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: _____

Sign up by completing form or complete electronically by scanning the QR code with your smartphone



Circle One:

10K: \$30 5K Walk-Run-: \$20 Household Rate (unlimited) 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/10K Walk/Run
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.

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.