



The Berlin Central School

3rd annual 5K Walk/Run & Wellness Fair

Saturday, May 4, 2019

***5K starts at 9am (see details below)**

***Wellness Fair 10am-3pm**

*The 5k proceeds will go to the following:

- 1.) **The Berlin SMITH Scholarship** - The SMITH Scholarship will go to a graduating Berlin student who demonstrates the following qualities: Service-Merit-Integrity-Truth-Honor in honor of Bob Smith, a Berlin Graduate.
- 2.) **The Sturge Weber Foundation in honor of a current Berlin student, Evan Arena.**

There will be a Wellness fair following the 5K. We will have a variety of free activities for the young and old, alike. The focus for this event is as follows: Mental Wellness, Financial Wellness, Physical Wellness and Social Wellness/Safety. Starting at 10am at the top of each hour there will be games, presentations, and fun. There will be activities for all ages, food, and many local vendors/businesses sharing their expertise.

The race will start in the Berlin Middle/High School parking lot at 9 a.m (race day registration 8-8:30 a.m).

There is a registration fee for both walkers and runners:

*Register *before* April 4th — \$20

*Berlin students, register before April 4th — \$10

*Race day registration will be \$25

***Register must be marked by April 4th to be guaranteed a t-shirt!**

Please cut and send in this portion with your payment. One entry form per person.

Name: _____ Male/Female (please circle)

Address: _____

Age on May 4, 2019: _____

Payment: Cash _____ Check # _____ (payable to Berlin Middle School Student Council)

Phone: _____ Email: _____

CIRCLE T-SHIRT SIZE: Women: S M L XL Men: S M L XL- **XXL add \$3**

Completed entry forms can be dropped off or mailed to: Berlin Central Schools, PO Box 259, Berlin, NY 12022
 ATTN: Mrs. Gilbert. Checks made payable to: **Berlin Middle School Student Council**

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 related to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to fall, contact with other participants, the effects of the weather, including high heat or humidity, traffic and the conditions of the road. I permit the use of photographs in newspapers, brochures and other promotional materials without compensation. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Berlin Central School, sponsors, volunteers and officials, their representatives from all claims or liabilities of any kind arising out of my participation in this event.

Signature

Date