

WAIVER - MUST BE SIGNED

In consideration of the foregoing, I for myself, executors and administrators, waive and release any and all rights and claims for damages I may have against Race Timing Unlimited and Courtland Elementary School, and any and all sponsors or supporters, actions whatsoever in any manner as a results of me or my child's participation in this event and that my medical condition to do so has been verified by a licensed medical doctor. Further, I grant full permission to any and all of the foregoing to use me or my child's likeness for any further publicity or advertising. I have read the above conditions and accept them as shown by my signature:

Signature or Parent Signature if under 18

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Date \_\_\_\_\_

Thank you to all our supporters!

RACE DAY  
Health Fair

We are so excited to offer this free fair to the community. Be sure to stop by the Health Fair in the cafeteria before or after your mile to play games and learn about staying healthy with our community partners. Health fair participants will have the chance to win some amazing raffle prizes! It's the perfect way to combine fitness, fun and family all into one day.



**Cougar Cub Challenge Mile  
& Family Health Fair**

**Students, Family, Community  
Challenge to accomplish one  
mile together!**

**Sunday March 18, 2018  
1pm-3pm**

**Register @  
[www.racetimingunlimited.org](http://www.racetimingunlimited.org)  
or at Courtland Elementary**

**Questions:  
Courtland Elementary School  
6601 Smith Station Rd  
Spotsylvania, VA 22553  
540-898-5422  
Ashley Barber  
[mrsasbarber@yahoo.com](mailto:mrsasbarber@yahoo.com)**



## Cougar Cub Challenge Mile

This is an opportunity for Cougar families and the community to come and accomplish one mile TOGETHER. You can run, walk or stroll to the finish line.

### RACE LOCATION:

Courtland Elementary School  
6601 Smith Station Road  
Spotsylvania, VA 22553

### PARKING:

There will be plenty of available parking around the building and on the street. Courtland High School parking will be closed.

### START TIME:

Pick a race start time best for your schedule.

1:00 Wave 1 (W1)

1:20 Wave 2 (W2)

### COURSE:

The course has changed this year due to construction at Courtland High School. The Start line will be on the road beside CES. The Finish line will be in the loading dock parking lot.

### ADDITIONAL INFO:

Please arrive thirty minutes before your wave to allow for warm up and chip pick up. Refreshments will be provided to all participants after their race.

### COST:

\$16.00 per participant thru March 2<sup>nd</sup>

\$20.00 per participant March 3<sup>rd</sup> to Race Day

Multi-Family Member Discount: Sign up 3 or more runners in your family and receive a \$3.00 discount per runner. NOT APPLICABLE RACE DAY!!

**Parents:** Are encouraged to run with your child(ren) at no charge. If parents want a C3M shirt and want to be timed, above registration fee applies.

### PACKET PICKUP:

Is the location where runners come and pick up their goody bags, bib numbers and t-shirts for the race. This is where you can register last minute for the race.

Friday March 16, 2017

3pm-5:30pm @ CES Office

Sunday March 18, 2018, RACE DAY

12pm-12:45pm @ CES Cafeteria

### T-SHIRTS:

Are not guaranteed after March 2, 2018!

### AWARDS:

Awards will be given after the last wave finishes around 2pm.

### ENTRY FORM, one per person:

Date: \_\_\_\_\_

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

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

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

Age: \_\_\_\_\_ Grade: \_\_\_\_\_

Birthday: \_\_\_\_\_

Circle: Male / Female

Email: \_\_\_\_\_

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

**T-SHIRTS:** Not guaranteed after March 2<sup>nd</sup>.

Circle Size: YS YM YL

AS AM AL AXL

Circle Race: W1 W2

Circle Fee: \$16.00 (until 3/2)

\$20.00 (3/3 thru race day)

Multi Family Discount: -\$3.00 **per runner**

**TOTAL:** \_\_\_\_\_

Please make checks payable to CES PTO

### Emergency Contact Info:

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

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

Relationship: \_\_\_\_\_