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# GET UP AND GO!

## HEALTHY KIDS RUNNING SERIES



### ROSEVILLE/ROCKLIN, CA

#### Johnson-Springview Park

5480 5th St  
Rocklin, CA 95677

Sept 23, 30 & Oct 7, 14, 21  
Sundays, 4:00 - 5:00pm

#### SCORING/DETAILS

- Points based on finish.
- Runners with the most points after final race win trophies.
- Tech T-Shirts and Race Bags for Full Series Participants!
- Medal for ALL runners at Week 5.



DIVISION	DISTANCE
Pre-K 2/3yr	50 Yard Dash
Pre-K 4/5yr	75 Yard Dash
K & 1st	1/4 Mile
2nd & 3rd	1/2 Mile
4th & 5th	1 Mile
6th, 7th, 8th	1 Mile

\*All races will be the same distances each week.

For more information, please contact Katrina Wheeler at 916.397.9430 or at hkrroseville@gmail.com

[HealthyKidsRunningSeries.org](http://HealthyKidsRunningSeries.org)

**\$35** FULL SERIES\*  
(Five-week series)  
PER RACE\* **\$10**  
\*Registration is nonrefundable.

#### SPONSORS



Please cut and mail form back

Sign up online or mail this form with check payable to Healthy Kids Running Series at:  
  
*Healthy Kids Running Series*  
The Mill  
381 Brinton Lake Rd.  
Thornton, PA 19373

Sign up for the entire Series or a single race:  Entire Series OR  Single  Repeat Single  Upgrade to Full

Participant Name \_\_\_\_\_ Gender (circle) M F / / DOB \_\_\_\_\_

T-Shirt Size (Full Series Only):  XS  S  M  L  Youth Sizes  S  M  L  Adult Sizes

Grade Category:  Pre-K 2yr  Pre-K 3yr  Pre-K 4yr  Pre-K 5yr  Kindergarten  
 1st Grade  2nd/3rd  4th/5th  6th/7th/8th

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Check No. \_\_\_\_\_ Cash. \_\_\_\_\_ (For HKRS Coordinator to fill)

As the parent or legal guardian of the children named, I hereby give my full consent and approval for my child to participate in the Healthy Kids Running Series. In addition to giving my full consent for my child's participation, I do hereby waive, release, hold harmless and forever discharge Healthy Kids Running Series, Pattison Sports Group, the Community Coordinators, its officers, staff, sponsors, supervisors, and representatives for any injury that may be suffered by my child in normal cause of participation in the designated sport and the activities incidental thereto, whether paid damages, injury, or loss due to negligence or not. Additionally I grant Healthy Kids Running Series permission to use my child's name, image, voice, and identity in any program for promotion of Healthy Kids Running Series including written materials, website materials on any and all Healthy Kids Running Series publication across the entire worldwide web including but not limited to [www.HealthyKidsRunningSeries.com](http://www.HealthyKidsRunningSeries.com) and its sub domains, Facebook, Twitter, Flickr, Pintrest, any other unnamed form of social media, video, audio, or other forms without prior consent or compensation. Lastly, I understand in the event Healthy Kids Running Series does not take place due to natural disaster, pandemic, a severe weather event, acts of war, acts of God or force majeure, that my child's registration will not be refunded.

Signature of parent or guardian if under 18 years of age.

Date