



GLENBROOK MIDDLE SCHOOL BULLDOG DASH 5K and 2Mile Walk Saturday, April 8, 2017 9:00am – Rain or Shine

Registration opens at 7:45am

Light refreshments to follow race, free with race registration

Course: The 5K course and 2 mile walk starts and ends at Glenbrook Middle School.

Entry Fee/T-shirts: \$25 for adults prior to day of race (\$35 for registration on day of race). \$15 dollars for entrants under age 17. T-shirts are only guaranteed if pre-registered by March 24th; T-shirts can be purchased for non-runners/walkers for only \$10.

Registration/Pickup: Participants may pick up their t-shirts and bib numbers at the Glenbrook School cafeteria on the day of the race. T-shirt pre-orders can also be picked up on the day of the race.***Help us save our planet, please bring your own bag for your goodies***

For more information please visit our PAC website at:

<http://www.glenbrookpac.org/bulldogdash2017>

Fill out the form below, include a check or money order made payable to Glenbrook Middle School PAC, and send into school or mail to: Glenbrook Middle School, Attn: Bulldog Dash, 110 Cambridge Circle, Longmeadow, MA 01106.

CIRCLE ONE: 5K Race Walk T-shirt Only SHIRT SIZE: S M L XL

CIRCLE IF APPLICABLE: Glenbrook Student Glenbrook Alumni Glenbrook Staff

LAST NAME: _____

Internal use only

FIRST NAME: _____

AGE ON 4/9/2016: _____ BIRTHDATE: _____ GENDER: _____

Date Rec'd:
BIB#

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____

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 assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. 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 Glenbrook Middle School, its directors, officers, and staff, the town of Longmeadow and its employees, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that headsets of any kind, dogs on leashes, in-line skates and bicycles are prohibited and that violation of this prohibition will result in disqualification

Signature (required): _____ Date: _____

(Signature of a parent is required if entrant is under age 18.)

I can't participate that day but please accept my donation of \$ _____.