

Mail entry and check to: HRHS XC Race
19 Stage Rd
Westhampton, MA 01027

Or enter on-line at <https://www.runreg.com/hrhsraiderrun>

Questions? Email stracy@hr-k12.org

Thank you to last year's sponsors!



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Eighth Annual

School's Done !



Raider Run

5K Cross Country Race
and 1 Mile Fun Run

Saturday, June 10, 2017

*A fundraiser for Hampshire Regional High School
Boys and Girls Cross Country Teams*

Join us on a beautiful, well-marked course over country roads and rolling wooded trails. The 5K race starts and finishes at HRHS. The 1-mile fun run circles the campus.

5K 9:00 am

1 Mile 9:45 am

Awards to Follow

- Post-race refreshments, awards, and door prizes for participants
- Restrooms available
- Plenty of parking

Hampshire Regional High School

19 Stage Rd., Westhampton, MA 01027

Packet pick-up/race day registration opens at 8:00 am

Awards

- ❖ FREE t-shirt guaranteed to first 75 5K entrants
- ❖ Prizes to male and female overall 5K winners
- ❖ Awards to top male and female finishers in each age category
- ❖ Special awards for:
 - top male & female HRHS alumni
 - top male & female faculty/staff member at HRHS
- ❖ Awards for top 3 and youngest finisher in the 1 mile fun run
- ❖ All participants in both the 5K and 1 mile fun run enjoy post-race refreshments and are eligible for great door prizes

5K Male and Female age groups:

12 and under	13-18	19-29	30-39
	40-49	50-59	60+

Entry Fees:

5K - postmarked by June 6: \$18 (\$15 HRHS district students)
Late/race day registration: \$25 (\$20 HRHS district students)
1 Mile Fun Run: \$ 5 ages 12 and under
(does not include t-shirt)

Family/household maximum - \$65 (members of 1 family living at the same address – please submit all entries together)

Want to support the team and don't feel up to running? Make a donation and participate in a walk over part of the course!

On-line registration at <https://www.runreg.com/hrhsraiderrun>

Information and course map available at www.hrhs.net
Questions? Email stracy@hr-k12.org

With over 50 participants, the Cross Country team is one of the largest programs at HRHS. Proceeds from this race will help fund transportation and entry fees for meets and the purchase of equipment. Thank you for your support!

School's Done! Raider Run

Registration Form

(please print clearly – submit 1 signed form per person – form may be copied)

First Name _____ Last Name _____

Address (street, city, state, zip) _____

Email Address _____ Phone # _____

Check one: 5 K Race _____ 1 Mile Fun Run _____ Walk _____

Gender: Male Female HRHS Grad: Yes No Year _____

Age on race day: _____ HRHS Faculty/Staff: Yes No

T-Shirt Size (5K only): Adult S M L XL

Waiver: I know that running a road/trail 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, contacts with other participants, the effects of the weather, including high heat and/or humidity, conditions of the trails/roads, vehicular traffic and all other potential anticipated and unanticipated event conditions, all such risks being known and appreciated by me. I verify that I have adequate personal health insurance coverage. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf, waive and release Hampshire Regional School District administration and staff, the Cross Country program, race organizers, volunteers, officials, all sponsors and their representatives, the Town of Westhampton, and any other persons associated with the race and their successors from all claims or liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event, pre and post race activities, or travel to and from the event, whether same be caused by negligence or carelessness on the part of the persons named in this waiver. I grant permission to race organizers and the media to use my likeness in any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose without compensation to me. I understand that the race will be held rain or shine. If the race cannot be held on June 10 due to circumstances beyond the control of the race committee and sponsors, including, but not limited to, unsafe weather conditions, the race will be cancelled and entry fees will not be refunded. Minors accepted only with a parent or guardian's signature.

Participant Signature _____

date _____

Parent/Guardian Signature (required if under 18) _____

date _____

Make checks payable to: HRHS XC

Over, please =>