



## SPONSORS



stride rite



# Longwood, NC

Sundays 4/24, 5/1, 5/8, 5/15 & 5/22 @ 4:00 pm (5/29 Rain Date)

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## Shallotte Middle School

225 Village Rd. SW  
Shallotte, NC 28470

## SCORING/DETAILS

- Points based on finish
- Runners with the most points after final race win trophies
- Tech T-Shirts 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  
Rose Hawkins at 937-219-3165 or at  
longwoodnc@healthykidsrs.org

**EARLY BIRD DISCOUNT**  
**\$35** FULL SERIES  
FIVE WEEK SERIES\*  
UNTIL THREE WEEKS FROM START DATE

**\$40**  
FULL SERIES\*

**\$10**  
PER RACE\*

\*Registration is nonrefundable

**HEALTHYKIDSRUNNINGSERIES.ORG**

Sign up online or mail  
this form with check  
payable to Healthy  
Kids Running Series at:

**Healthy Kids  
Running Series**  
383 Brinton Lake Rd.  
STE 1  
Thornton, PA 19373

Participant Name _____		M F Gender
D.O.B _____	Phone _____	Y N Special Needs
Email _____		
Address _____		
City _____	State _____	Zip _____
Parent/ Guardian 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 or children 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 Coordinator(s), its directors, board members, officials, staff, sponsors, supervisors, and representatives for any injury or illness 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. I understand my Healthy Kids Running Series registration is non-refundable. In the event Healthy Kids Running Series does not take place due to severe weather, natural disaster, pandemic, acts of war, acts of God or force majeure, my child's registration will not be refunded. I understand that if Healthy Kids Running Series is unable to run or operate in-person due to national, state, or local mandates, Healthy Kids Running Series is permitted to transfer 100% of my registration fee into a comparable virtual program without issuing a refund. As it applies to my child's participation in this race, I agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by Healthy Kids Running Series for my participation in this race. 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 limited to [www.HealthyKidsRunningSeries.org](http://www.HealthyKidsRunningSeries.org) and its sub domains, Facebook, Twitter, Instagram, YouTube, Snapchat, TikTok, Flickr, Pinterest, LinkedIn and any other unnamed form of social media, video, audio, or other forms without prior consent or compensation of any kind. Lastly, I, and my child or children, agree to abide by and uphold Healthy Kids Running Series' code of conduct, mission and core values. Participants, parents, spectators or any on-site individual acting in a way that doesn't uphold the code of conduct or HKRS' values will be asked to leave.

### Sign Up for Entire Series or A Single Race

☐ Entire Series ☐ Repeat/Upgrade  
☐ 4/24 ☐ 5/1 ☐ 5/8 ☐ 5/15 ☐ 5/22

### Grade Category

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

### T-Shirt Size (Full Series Only):

- Youth Sizes  
☐ XS  
☐ S  
☐ M  
☐ L  
☐ Youth XL / Adult S  
  
Adult Sizes  
☐ M  
☐ L  
☐ XL

\*Required by Parent

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

Date

Longwood, NC

Town Name