

Join Burlington Elementary as we promote Health and Wellness in our community. We are hosting a family friendly 5K Walk/Run fundraising event. But it's not just any 5K...it's a celebration of Earth Day! What better way to welcome spring than to walk/run on a path through the park having fun with friends and family!



The money raised will be used for Physical Education enrichment tools and equipment that will benefit all students in our school.

Sign up today! Be sure to invite friends, family, and co-workers to join you!

## 5K Planning Tips

Start planning and training now to be ready for the big day. There are many programs available online like 'Couch to 5K' that will help you train to run the race. If you know you want to walk, that's okay too. Just start getting out, and walking a little each day to build up your time, and distance. Anyone can participate in this distance. Be sure to always drink plenty of water each day. Don't wait until right before race day to train to run or walk. Make this training time before the race a family event. Not only are you preparing your body for the race, but you will have the added enjoyment of spending time together as a family.

The Boone County Schools provide equal educational and employment opportunities.

## EAGLES ON THE RUN



### EARTH DAY 5K

### FAMILY FUN 5K RUN / WALK

hosted by:  
Burlington Elementary School  
& Burlington Elementary PTA

England-Idlewild Park  
5550 Idlewild Rd.  
Burlington, KY

April 22, 2017

9:30 AM



# EARTH DAY 5K

5K Family Fun Walk/Run

**Date:** Saturday, April 22, 2017  
**Time of Race:** 8:30-9:15 am On-Site Registration  
 9:30 am - 5K Race begins  
**Location:** England-Idlewild Park  
**Registration:** Mail or drop off at:  
 Burlington Elementary  
 or Online: getmeregistered.com

**Registration Fees:** \$25 Adults & 9th grade and up  
 (includes t-shirt) \$15 K-8th grades  
 \$5 discount per person registered  
 for groups of 25 and more  
**Free Under age 5 (shirts available \$5)**

**Registration Deadline:** Friday, April 7, 2017  
**Late Registration:** Saturday, April 22 (Day of Race)  
 (t-shirts NOT guaranteed) \$25 Adults & 9th grade and up  
 \$15 K-8th grades

**Race Packet Pick-up:**  
**Before race:** Burlington Elementary (mini expo)  
 Thursday, April 20, 2017  
 4:30-6:00 pm  
**Day of race:** 8:30-9:15 am at the park

**Payment:** Cash or Check  
 Credit Card (online see above)

**Awards:** Race medal for all participants  
 Each group registered will receive:  
 1 planted flower bulb

For questions call 859-334-4447 or email  
[jennifer.hater@boone.kyschools.us](mailto:jennifer.hater@boone.kyschools.us)

**Rain or Shine event. No refunds.**

## MAKE CHECK PAYABLE TO: BES PTA

Mail/drop off registration form and check to:

Burlington Elementary  
 5946 N. Orient St.  
 Burlington, KY 41005

**\*\* Please include a registration form with your check.**

Burlington Elementary School  
 Burlington PTA Presents

# EARTH DAY 5K FAMILY FUN RUN/WALK!

England-Idlewild Park, Burlington, KY

APRIL 22, 2017

9:30 a.m. race time



T-shirt size choices:			
Youth: S, M, L		Adult: S, M, L XL, XXL	
Child's grade	Youth shirt size	Adult shirt size	
Participant 1			
Participant 2			
Participant 3			
Participant 4			
Participant 5			
Participant 6			

Participant 1

Participant 2

Participant 3

Participant 4

Participant 5

Participant 6

**Address**

**Email**

**Phone**

**Choose location for race packet pick-up:** BES \_\_\_\_\_ Park (day of race) \_\_\_\_\_

(see location date & time to the left of form)

Release and Indemnity agreement-Running and/or walking a distance race is a potentially hazardous activity. I should not enter and participate unless I am medically and physically able, and properly trained. In consideration of entering this 5K Run/Walk, and intending to be legally bound, I do release and waive for myself and my heirs, executors, and administrators (and for my child as its legal guardian) any claims for any damages and liabilities of any kind arising out of my participation in the event against all persons, entities and agencies involved with promoting and running the event. I hereby release all publication rights of any photographs or videography taken at this event. By signing, I indicate that I agree to abide by this agreement and acknowledge that I ASSUME ALL RISK ASSOCIATED WITH PARTICIPATING IN THIS EVENT.

Participant's Signature

Parent's signature if under 18