

Crestwood Elementary

PTA

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Presents



February 6, 2010



Crestwood Family
Polar Bear 5k Run/Walk
and

Kid's Bear Cub 1mile Run

To Register: Return enclosed registration form to Crestwood or walk-up registration 8:30am Feb. 6th.

**Must Register BY JAN. 12TH
to receive event t-shirt**

Schedule of Events:

9:00am Registration and T-shirt pick-up

9:30am 1mile run begins (grades K-5)

9:30am 5K warm-up with Mr. Castelvechi

10:00am 5K begins (*snow, rain or shine*)



7600 Whittington Dr
Richmond, VA 23225

Phone: 804-560-2710

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E-mail: PTA@crestwoodpta.org

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Questions: PTA@crestwoodpta.org



Crestwood Polar Bear 5K Run/Walk & Kid's Mile



Proceeds of the event go towards the Rockwall Campaign.

Date: February 6th, 2010

Time: 9:00am

Register by: Jan. 12th to receive event t-shirt

Entry fees:

\$10.00 per person
or
\$30.00 per family

Schedule of Events:

9:00am Registration and T-shirt pick-up
9:30am 1mile run begins (grades K-5)
9:30am 5K warm-up with Mr. Castelvechi
10:00am 5K begins (*rain or shine*)

For More Information Contact:
Gillian Baker 804-928-3963 or
PTA@crestwoodpta.org

PRIZES

First place awards for K-5 boys,
K-5 girls, Men & Women

T-shirts provided to all
participants who register by
January 12th.

CONTEST

T-shirt Design Contest

Would you like to see your design on a
t-shirt? Help the Crestwood PTA by
designing the artwork for the shirt
provided to participants of the 2010
Polar Bear Run. Submit artwork by
email to pta@crestwoodpta.org or
to your teacher by January 12th.

Sign up:	# of Runners	Price	Subtotal
Kid's 1 Mile Bear Cub Run	_____	\$10	\$ _____
Adult 5K Run/Walk	_____	\$10	\$ _____
Student 5K Run/Walk	_____	\$10	\$ _____
Family Registration	_____	\$30	\$ _____
		Total Enclosed \$	_____

Crestwood Family Polar Bear 5k Run/Walk & 1Mile Kid's Run

Waiver and Release: 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 agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event, including, but not limited to falls, contact with other participants, the effects of the weather, and the conditions of the course 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 myself, and anyone entitled to act on my behalf, waive and release the Crestwood Elementary PTA, Chesterfield County and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out for 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 forgoing to use and photographs, motion pictures, recording or any other record of this event for any legitimate purpose.

Participant Name: _____

(circle) Sex: M F Grade: K 1 2 3 4 5 6-12 Adult
Youth T-shirt Size: S M L Adult T-shirt Size: M L XL

Participant Name: _____

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Youth T-shirt Size: S M L Adult T-shirt Size: M L XL

Participant Name: _____

(circle) Sex: M F Grade: K 1 2 3 4 5 6-12 Adult
Youth T-shirt Size: S M L Adult T-shirt Size: M L XL

Signature of participant _____

(Parent or guardian if under the age of 18)

Date _____

Phone _____

Questions: PTA@crestwoodpta.org