

Miles for Micaiah: A 5K For A Cause

Saturday, May 12, 9:00 am

Treynor Middle/High School

The Miles for Micaiah 5K Run/Walk will start at the Treynor Middle School and end at the Treynor football field. All profits will go to Micaiah Sedlacek to help with medical expenses as he prepares for a kidney transplant. The event is managed by the Modern Issues class instructed by Mr. Jeff Koenck.

Name _____ Age _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Registration Fee - \$35.00

Includes T-Shirt if completed by April 20, 2018

T-Shirt Size (Circle one):

ADULT: S M L XL 2XL 3XL

YOUTH: XS S M L XL

Return your completed entry form to Treynor High School (Attn: Mr. Koenck), 102 E. Main St., Treynor, IA 51575. Checks can be written to "Treynor High School."

Questions? Contact jkoenck@treynorcardinals.org.

Thank you to the following businesses for sponsoring this event: All Weather Services, Castle & Associates, Heartland Properties Inc., Metro OBGYN, Quality Line Striping, Shear Designs, South Omaha Surgical Center, and tmbr.



Waiver (MUST BE SIGNED BY ALL PARTICIPANTS)

I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the race, the sponsors and their representatives, successors as well as assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace and that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ Date _____

Parent or Guardian if under 18 _____