



Essex North Shore Homecoming 5K
October 19, 2019
9:30 am

The Essex North Shore 5K event is designed to bring all members of the community; students, alumni, parents, supporters, and neighbors, together to have fun while raising funds to support the Senior Class and Student Scholarships. This is one event in a weekend-long series of homecoming events.

Come run the same course that our State Vocational Championship Cross Country Men and Women's teams run annually as part of our comprehensive Athletic programs. This course is considered a moderately challenging, scenic run on trails both paved and gravel, through our agricultural lands, hills, and pastures. The entire course is self-contained requiring no street travel in the community.

Location of Event: 565 Maple Street, Hathorne (Danvers), MA; event parking for free in the school front lot

Registration: All participants who register by **October 2, 2019**, are guaranteed to receive an event shirt in your requested size.

Tech shirt sizes: Adult Unisex X-Small to XX-Large

Awards: Awards will be presented to the top male and top female finishers. Medals to the top three in each age category: 18 and under; 19-29; 30-39; 40-49; 50-59; 60+. Post-race snacks provided.

Packet Pickup: Friday, October 18, 2019, 2:00-4:00 pm at the school (main entrance) Saturday, October 19, 2019, 7:00-9:00 am at the Concession Stand at the Field

Event Fee:

Student	\$20.00	\$25.00
Alumni	\$20.00	\$25.00
Supporter	\$30.00	\$35.00

***Family Cap \$100.00

Registration: (If more than one member of a family, please provide all names, age, shirt size, YOG (if applicable))

Name: _____ Age: _____ Shirt Size: _____ Year of Grad (if applicable) _____

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Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Email: _____

Waiver Must Be Read and Signed Before Mailing: I know that running a road race is potentially hazardous activity, which could cause injury or death. I should not enter and participate unless I am medically able and properly trained. My signature certifies that I am medically able to perform this event and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road all such risks being known and appreciated by me. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Essex North Shore Homecoming 5K, Essex North Shore Agricultural and Technical School District, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of 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 foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by signing this waiver, I consent that I am not entitled to a refund if the event is cancelled before or during the event.

Signature - Parent/Guardian Signature: _____ **Date:** _____