

Jingle Bell Run... Winter time is a great time to exercise outdoors. Ring in the holiday season in style by joining us in our second annual Jingle Bell Fun Run and Walk. All ages are invited to participate. All runners and walkers will start at the same time and choose whether to participate in the 1, 2, or 3 mile individual race. Another option this year will be the three person relay where each member will run one mile.

So, wear a holiday-themed costume. Tie jingle bells to your shoelaces. Show off your ugly Christmas sweater. Complete a run or walk with your friends. Spread smiles, good cheer and a winning spirit ... and be a Champion of you and your health!

Did we mention there's a costume contest? Win prizes for your best festive idea!

Event Information...

- When:** Monday, December 4, 2017
- Where:** Jefferson Elementary
- Registration:** 5:00 - 5:30 pm
- First Run:** 6:00 pm
- Cost:** \$10 individual \$30 family (up to 4 members)
- Course:** The course will take place around the Jefferson School block. 1 square block = 1 mile.
- Post Race:** Hot chocolate will be served to all participants.

Awards... Top Male & Female in each division for each race will receive an award. Divisions: 10 and under; Ages 11 – 18; Over 18. Best Costume in each age division will also receive a Fuel Up to Play 60 prize package.

Event Organizers... Fuel Up to Play 60 and Valley City Jr. & Sr. High Cross Country team. All proceeds go to FUTP60 and VCHS/Elementary Cross Country registration scholarships to promote the life-long activity of running.

Contact Information... Deb Beilke (deb.beilke@k12.nd.us)
Trevor Bakalar (trevor.bakalar@k12.nd.us)

Registration... Registration begins today and ends the day of the event. If you register by November 27th, you will receive an event t-shirt. Registrations after the 27th are not guaranteed a t-shirt. All participants will receive jingle bells to wear on their shoes.

Payment can be made in cash or check. Checks should be made to VC FUTP60. Cost is \$10 per individual or \$30 for family or relay team,. Each family can receive up to four t-shirts.

Please return your payment, registration form and waiver to your teacher or drop it off in the senior high office. You may also mail it to:
Deb Beilke, VCHS, 460 Central Ave N, Valley City, ND 58072

**** Event will be held snow or shine, but we reserve the right to cancel or postpone in the event of adverse weather conditions. ****

Jingle Bell Run and Walk
Monday, December 4, 2017



Race Options: 1-mile 2-miles 3-miles
T-Shirt Options: Youth: S M L XL Adult: S M L XL XXL

----- **Individual \$10.00** -----

Name: _____ Age _____

Male or Female Race Option: _____ Shirt Size: _____

----- **Family or Relay \$30.00** -----

Name 1: _____ Age _____

Male or Female Race Option: _____ Shirt Size: _____

Name 2: _____ Age _____

Male or Female Race Option: _____ Shirt Size: _____

Name 3: _____ Age _____

Male or Female Race Option: _____ Shirt Size: _____

Name 4: _____ Age _____

Male or Female Race Option: _____ Shirt Size: _____

Waiver

I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge Valley City Public Schools and all other persons associated with the event, for my all liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event.

I also give permission to Fuel Up to Play 60 and other associated organizations to use my name and any photographs, videotapes, motion pictures, recordings or any other record on my participating in this event for any publicity and/or promotional purposes without obligation or liability to me.

Participant Signature: _____

Parent/Guardian Signature: _____

<----- Cut here and return registration

Date: _____