



# Run Raiders Run!

*Celebrate **Homecoming 2018** by burning some calories with SOU President Linda Schott and do some good in the process. Enter the **SOU President's 5k Run/Walk** by bringing one or more nonperishable items, along with this form. **The food donation helps to feed students in need and support their long-term success.***

*We look forward to breaking a sweat with you! And don't forget about the **Hospitality area, free appetizers, and soccer matches immediately after.***

**RACE TIME:** Friday, October 12, 2018 at 2:30pm

**RACE LOCATION:** SOU Campus, beginning and ending at Raider Stadium

**COURSE:** Slightly hilly through lower campus. Start at Raider Stadium Track.

**AWARDS:** Complete the 5k and get a President's 5KT-shirt (limit 100)

**PROCEEDS:** Benefit the Student Food Pantry

**ENTRY COST INFORMATION:** One item for Student Food Pantry

**SIGNUPS:** At Raider Stadium noon – 2:30 Race day. Bring this form.

**CONTACT:** sayrem@sou.edu

## SOU PRESIDENT'S 5K ENTRY FORM

**PLEASE PRINT LEGIBLY**

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Name of Department, Club, or Team \_\_\_\_\_

**Waiver (MUST BE SIGNED):** In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors, administrators and assigns, hereby waive and release and any all rights and claims for liability and/or damages that I may have against Southern Oregon University, the race, and its sponsors, and their representatives, employees, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, 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 \_\_\_\_\_