

2018 "BOLT FOR THE BLUE" RACE WAIVER

I know that participating in the Bolt for the Blue 5K/1 Mile Fun Run 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 decisions of the race official relative to my ability to safely complete the run. I assume all risks associated with running in the Ligon GT Magnet Middle School Bolt for the Blue on Sunday, April 29, 2018, including but not limited to falls, contacts with other participants, the effects of the weather, including high heat and/or humidity, low temperature, traffic and conditions of the road, all risks being known and appreciated by me.

Having read this release and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act in my behalf or on behalf of my estate, waive and release the City of Raleigh, WCPSS, Ligon GT Magnet Middle School and Ligon PTA, FS Series, all sponsors of the race, the officers, Board, Board members, agents, volunteers, employees and their successors and assigns of each and every of the above from claims or liabilities of any kind arising out of my participating in the race even though the liability may arise out of negligence or carelessness on that part of the person referred to this waiver.

I also grant permission for the use of any photographs, motion pictures, recordings, or any other record of my participation in this event for any legitimate purpose. I understand that if the race is canceled because of circumstances beyond the control of the race committee and sponsors, including, but not limited to unsafe weather conditions or governmental ban, my entry fee will not be re-funded.

I have read and agree to the waiver.

Signature: _____

Date: _____

Parent's Signature (if under 18):

SMELLS LIKE TEAM SPIRIT COMPETITION!

- Create a team of 2 people or more (can include: families, friends, teachers/staff, etc.)
- Use your imagination! Colors! Characters! Themes! Crazy Hair! Be creative and have fun!
- The 3 most creative teams will win prizes!

*Register on-line or with paper registration individually for race. Team registration will be held race day only at the event!

*Race participants are NOT required to participate in team spirit competition

BOLT & FOOD ARK JUNIOR

Ligon's Food Ark Junior is a holistic student/family food and supply center that is housed within our school for our families who are food insecure. The PTA will use the proceeds from this year's BOLT to support NEXT YEAR'S Food Ark Junior Program, allowing us to expand our support to additional students!

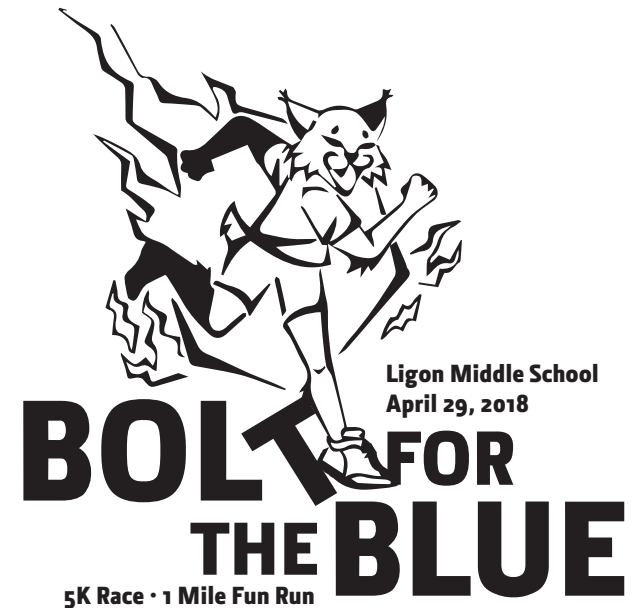
This IS a timed race, but feel free to enjoy the course at your own pace — run, walk, jog, skip, dance — the point is to get outside and MOVE and have a great time! Let's help build the community and show our children the importance of exercise. Come and be a part of this experience!

HEALTH FAIR

Join us for an on-site Community Health Fair before, during and after the race to learn about local health and wellness resources to improve your health and well-being and for a chance to win raffle prizes!



Timing Services Provided
by FS SERIES



1:00 - 4:00pm | www.boltfortheblue.com
Benefiting Ligon Middle School's
Food Ark Junior / Backpack Buddies Program

Ligon Middle School PTA
706 East Lenoir Street | Raleigh, NC 27601 | 919-856-7929



SPONSORS

We would like to thank the following sponsors who have generously made this event possible:



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RACE INFORMATION

WHERE: Both BOLT and the Community Health Fair will take place at Ligon Middle School, Haywood Street entrance.

THE COURSE: The 5K course and 1-mile Fun Run will begin and end near the Haywood Street entrance to Ligon, but will be run primarily on the Little Rock Greenway Trail.

AWARDS: Prizes will be presented to winners from categories to be determined by the Bolt for the Blue Committee. Please visit the website for more information.

HOW TO REGISTER: Register on-line by April 25 to receive the discounted of \$25. Race day registration is \$30. Students and teachers are \$15 online and on race day. The 1-mile fun run is \$10. Using the Bolt for the Blue website: Boltfortheblue.com. You can register and PAY online through Wednesday, April 25, 2018. Entrants may also mail paper entry forms and checks to Ligon Middle School or drop off forms and cash or checks at the front office of Ligon Middle School. Participants may register on race day beginning at 12:30 pm. All registrants will receive a free Bolt for the Blue t-shirt. To guarantee your t-shirt size, you must submit your registration by APRIL 14TH!

PACKET PICK UP: Race Packets may be picked up at Ligon Middle School on Friday April 27th from 1:30 pm to 3 pm or on race day from 12:30 pm to 1:45 pm.

START TIME: The 5K will begin at 2 pm; 1 mile at 2:05 pm. Awards ceremony will begin at 3:15 pm.

SAFETY: For the safety of all runners, we must prohibit bicycles, roller blades, and skate boards. Wheelchairs and strollers are permitted and encouraged. Dogs are not allowed.

PARKING: Participants may park in designated lots at Ligon Middle School or on nearby streets. The race and health fair will take place near the Haywood Street entrance to Ligon Middle School. A portion of the race fee and donations are tax deductible.

Net proceeds from the event will be used to fund Ligon's 2018-2019 Food Ark Junior Program.

THE EASIEST WAY TO REGISTER & PAY IS ONLINE— CHECK OUT [BOLTFORTHEBLUE.COM!](http://BOLTFORTHEBLUE.COM)

ENTRY FORM (Please print)

Name _____

Address _____

City _____ Zip _____

Email _____ Phone _____

Gender _____ Age (day of race): _____

School _____

Ligon Students Only Grade: _____

Homeroom Teacher: _____

T-SHIRT INFORMATION

Each participant will receive a free race t-shirt. To guarantee your t-shirt size, we must receive your registration by APRIL 14, 2017.

INDICATE NUMBER OF EACH SIZE ORDERING

() Youth Small () Adult Small

() Youth Medium () Adult Medium

() Youth Large () Adult Large

() Adult XL

() Adult XXL

REGISTRATION FEE INFORMATION

(circle one)

5K ENTRY FEE: \$25 Adult by April 25, \$30/day of.
\$15 Student/Teacher

1 MILE RUN FEE: \$10

Please Make Checks Payable To Ligon PTA and

Write "BOLT" In The Subject Line

Race Entry Fee \$ _____

Please Consider a Donation \$ _____

TOTAL ENCLOSED \$ _____