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Newington Elementary Presents

# The 15<sup>th</sup> Annual

# RUN WITH THE DOLPHINS

**5K RACE/WALK & MILE FUN RUN  
SATURDAY OCTOBER 22, 2016**

8:00 am: Race/Walk & 9:10 am: Mile Fun Run

This race is part of an overall effort to promote fitness in our school and community.  
For more information contact the school: 871-3230 or [www.nesdolphinrun.webstarts.com](http://www.nesdolphinrun.webstarts.com)  
All Participants will receive a T-Shirt with early registration!

### CERTIFIED 5K COURSE

5K course is run throughout Newington Plantation Neighborhood in Summerville.

Race starts at Newington Elementary School.

T-shirts with all fees, but not guaranteed with race day registration.

**Entry Fee for 5K: \$25.00**

**Entry Fee for Mile Fun Run: \$12.00 (ages 12 and under only)**

**\*\*Register by Sept 30<sup>th</sup> to make sure you get your race tshirt\*\***

- Awards for top 3 male & female finishers in 5K.
- NES Class Participation Award \*open to all family members & friends of NES students or teachers. If you would like to represent a class you must specify below.
- Awards for top 5 male & female finishers in Mile Fun Run
- Packet Pick-up: Friday, 3-7pm and race day, 7am.

### Checks payable to Newington Elementary PTA

Send in bottom portion

5K Race \_\_\_\_\_ Mile Run (12 and under only) \_\_\_\_\_ \* NES Class I am representing \_\_\_\_\_ (only choose one please!)

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ NES Grade: \_\_\_\_\_ School/Organization: \_\_\_\_\_

Sex: M F Age (on race day): \_\_\_\_\_ T-shirt Size (circle one): adult S M L XL XXL youth: S M L

Amount enclosed \_\_\_\_\_

Mail to  
Run with the Dolphins,  
10 King Charles Circle,  
Summerville SC 29485

OR  
Drop off at Newington Elementary  
7:25am -4:00pm M-F

#### Liability Waiver:

Upon acceptance of my entry, I for myself, heirs and assigns, hereby release the sponsors & officials and all staff of the **RUN WITH THE DOLPHINS RACE/WALK & MILE FUN RUN** as well as Newington Elementary from any and all liability arising from illness, injury or death I may suffer as a result of my participation in these events. I attest that I am physically fit and have sufficiently trained for these events and I am aware that my participation could in some circumstances result in physical injury. I also understand that the entry fee is **NONREFUNDABLE FOR ANY REASON** and that the race/walk will be rain or shine.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Guardian (under 18) \_\_\_\_\_