



Saturday, April 29, 2017  
 9:00 a.m. Start  
**Avonworth Middle School**  
 256 Joseph's Lane  
 Pittsburgh, PA 15237

Avonworth Middle School is pleased to announce the first ever **Chase the Antelopes 5k & One Mile Walk**. It is a great way to exercise and to support a great cause! All race proceeds will benefit the Hannah Milbert Memorial Fund. Runners will be provided with water and snacks after the race. All runners who register before April 1st will receive a complimentary t-shirt and goodie bag filled with gifts from our sponsors! A local route includes an enjoyable atmosphere and a course that challenges all age groups. Awards will be given to the top three winners in each age group and the top three male and females overall. We hope to see you there!

**How to Register:** Complete the form or register online at our website <https://www.chasetheantelopes5k.com> or contact Jason Smith [jsmith@avonworth.k12.pa.us](mailto:jsmith@avonworth.k12.pa.us) (412-366-9650)

**Costs:** *Pre-Registration* - \$15 (t-shirt guaranteed)  
*Registration after 4/1* - \$20 (limited shirts available)  
 (5k and One Mile Walk are the same price)

**Awards:** Unique Student-Created Overall & Age Groups: 10 & under to 70+

**Payment & Registration Form can be sent to:**  
**Avonworth Middle School**  
**ATTN: Jason Smith**  
**256 Joseph's Lane**  
**Pittsburgh, PA 15237**



**Return this portion with your check made payable to "Avonworth School District":**

Name: \_\_\_\_\_ M/F: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_  
 T-Shirt Size: (check one age and one size) Adult \_\_\_\_\_ Youth \_\_\_\_\_  
 S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_  
 Participation: (check one) 5k (timed) \_\_\_\_\_ One Mile Walk (untimed) \_\_\_\_\_

**Liability Waiver:**

I know that running a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this Avonworth organized 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 acknowledged by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Avonworth School District, all city, county, and state governments, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that all entries are final with no refunds. The official race director reserves the right in any event of emergency or local or national disaster to cancel the race or to change the day and/or time to a later day and that in the event of cancellation or change there is no refund of entry fees.

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

\_\_\_\_\_ Parent/Guardian Signature (if under 18)

