



# Cougar Literacy Run

## Virtual 5k and 1 Mile Run

May 1st - May 9th

*Proceeds benefit all students' literacy development at Cougar Elementary and Manassas Park Elementary School. Previous funds purchased Google Nexus tablets, cases, carts and print resources.*

**Registration:** One participant per entry form. No refunds. \*Additional entry forms can be printed until **May 9th** from: [mparkbell.org](http://mparkbell.org)  
**\*Online Registration and additional race info. available at <http://bit.ly/MPCSrun>**

### **5k Registration**

- \$5 per participant
- Groups of 4+ - \$5 discount (Ex: 4 entries for \$15)

### **1 Mile Registration**

- FREE

**Where:** Any location you choose

**When:** Any day between May 1st and May 9th

**Questions?** Contact the race directors at: [literacyrun@mpark.net](mailto:literacyrun@mpark.net)

*Commemorative race magnet for participants!*

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## Cougar Literacy Run Virtual 5K and 1 Mile Entry Form

**(Must be completed to be mailed a race magnet)**

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

Street Address: \_\_\_\_\_ Email (for confirmation): \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Ph#: \_\_\_\_\_

Please select 1 or more events:

- 5k       1 mile

ENTRY FEE: \_\_\_\_\_

Please make checks payable to: **BELL**

**\*Please read and sign waiver on back of sheet and send in bottom portion of the race form.**

**Mail completed entry and payment to:**

ATTN: Jessica McDonald, Manassas Park Elementary, 9298 Cougar Court, Manassas Park, VA 20111

## Cougar Literacy Run Virtual 5K and 1 Mile Waiver

I know that running/participating in an event that is organized as a virtual activity where I run on my own, at a date and time of my choosing, in a location and running route of my choosing, which will not have any support or security measures in place by Manassas Park City Schools, is a potentially hazardous and physical activity. I acknowledge that I am participating in the activity outlined by this virtual event by my own free will and at my own personal risk. I will not participate in a virtual event unless I am medically and mentally able, had a recent physical with approval to participate and properly trained. I further agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I agree to follow all pedestrian safety ordinances including running on a sidewalk where available and not in the road. I agree to follow the rules of the road if no sidewalk or multi-use trail is available and I will run against oncoming traffic and not with traffic. I assume all risks associated with participating in this virtual event including, but not limited to: falls, contact with other pedestrians, the effects of the weather, traffic and the conditions of the road, sidewalk, and trail, all such risks being known and appreciated by me when out running on my own without any type of support from local officials or event organizers. Having read this waiver and knowing these facts and in consideration of your accepting my entry to participate in the Virtual Cougar Literacy Run (herein after the Event) to be held on May 1st, 2021 through May 9th, 2021, I, intending to be legally bound, do hereby for myself, my heirs, my executors and administrators agree as follows:

1. I do waive and forever release any and all rights and claims for any damages, injuries and liabilities of any kind arising out of my participation in the virtual 5K or 1 mile Event against all persons, entities and agencies involved with promoting and holding the Event, including but not limited to Manassas Park City Schools, all of the subsidiary schools of Manassas Park City Schools, Manassas Park Elementary School, BELL, the Manassas Park Elementary and Cougar Elementary School PTO, RunSignup.com, all sponsors, volunteers and vendors of the event, their agents, successors, representatives and assigns even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.
2. I assume the risk of all bodily injuries, including death, resulting therefrom, and personal injuries to me and damage to and loss of my property, including loss of use thereof and any other indirect or consequential damages, resulting directly or indirectly, wholly or in part, from my participation in the virtual Event.
3. I hereby agree and consent, for myself and/or for a minor under the age of eighteen for whom I am signing, to indemnify, defend, and hold the entities named above harmless from and against any and all claims, liabilities, losses and damages, costs, expenses (including attorneys' fees) judgments and penalties arising out of any of my, and or said minors, acts or omissions to act.
4. I understand that the Event reserves the right to use any and all participants' names and photos and/or likeness with regard to promotional and/or advertising materials.
5. I understand that all entry fees are non-refundable.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian of Participant if under 18

\_\_\_\_\_  
Date