



The 9th Annual Women With Bells



5K Fun Run and Breakfast

It's "Party Hearty" Time...for Beautification of the WT White Track/Portable Area

Strap on a bell, enjoy a 5K run through the neighborhood streets of WT White, and then relax with a totally heart-healthy breakfast. Breakfast provided by the ladies of WWB, and served to you by gracious students of WT White High School.



Date: December 7, 2013

Time: Arrival 7:30 am.....Start of Run 8:00.....Breakfast following.

Where: WT White High School; 4505 Ridgeside Drive; track area

Entry Fee: Any donation, big or small, to WT White, is appreciated. Your donation will be used for beautification of the track/new portable area. Sark Gardens has graciously donated their expertise and time, and their landscaping blueprints will be on display! Come see plans for your new and improved track area! Think shade! Think seating! Think a more pleasant running experience!

Checks can be made to WT White, with "track beautification" written in memo section. Feel free to attach a letter stating purpose of tax-deductible donation.

Registration: run and breakfast limited to 60 participants. Sign up by email to Patsy4us@aol.com...include name, age, and a mention if you are either a 5K runner or track walk/jogger.

T shirts: Yes! A limited supply of long-sleeve, quick-dry T shirts will be available at cost on morning of run.

Sign and bring attached consent/release (blank copies available on morning of run).

The Annual Women With Bells 5K Christmas Fun Run

Participant Waiver

This release and waiver is executed on this date: _____. Knowingly, and at my own risk, I am participating in the Annual Women With Bells 5K Fun Run. I do hereby waive and release any and all claims against Patsy Shropshire and any volunteers at said event from any claim of injury (including death) that I may incur as a result of my participation in the event.

I further hereby certify that I have full knowledge of the risks involved in the event, and I am physically fit to participate. If, however, as a result of my participation in the Annual Women With Bells 5K Fun Run, I require medical attention, I hereby give consent to authorize medical personnel to provide such medical care as deemed necessary.

Printed name of participant: _____

Signature of participant: _____

Signature of Parent or Guardian if under age 18: _____