



Fired Up 5K & 1 Mile Fun Run/Walk

Saturday, March 16, 2019 - 9:00 AM
www.bethelfiredup.com



Bethel Lutheran School will host its sixth annual FIRED UP 5K race and 1 mile run/walk on **Saturday, March 16, 2019**. It will be a great morning of fun and fellowship for the whole family! Runners and walkers of all ages and abilities are welcome. **New for 2019** - your race registration also includes a ticket to our Pancake Breakfast - which you can enjoy at the school after the race!

The 5K and 1 mile run/walk will start at Bethel Lutheran School at 9:00 AM, and all participants will be treated to a t-shirt (**size and style guaranteed if you register by 3/1/19**) and a coffee mug that **Eli's Coffee Shop** will fill with coffee, cocoa or latte at the end of the race!

SPARKIE SPIRIT RUNNERS

Your friends and family can support Bethel Lutheran School no matter where they live! Sign up as a SPARKIE SPIRIT RUNNER, and run or walk wherever you are on March 16. **We will send you a t-shirt and travel mug in the mail!**

TIMED 1-MILE

How fast can you run a mile? Find out with our timed 1-mile race option! For a small additional fee, we will time your 1-mile run, and **prizes will be awarded in age/gender groups for kids 14 and under.**

FOR MORE INFORMATION AND TO REGISTER FOR THE RACE, visit www.bethelfiredup.com. If you would prefer not to sign up online, please fill out the form below. Drop it with your payment in the Fundraising box outside the Bethel school office, or mail it to: Bethel Lutheran School, Attn: Fired Up, 325 E. Queenwood Road, Morton, IL 61550. We can't wait to see you **FIRED UP** on race day!

Fired Up Registration (please fill in all requested information)

Race: Fired Up 5K (\$40) Sparkie Spirit Runner (\$35) Fired Up 1-Mile Fun Run/Walk (\$30)
 Fired Up 1-Mile TIMED Run/Walk (\$33)

Name: _____

Date of Birth: _____ Male Female Bethel Alum?

Street Address: _____ City/Zip Code _____

Primary Phone #: _____ E-mail: _____

Emergency Contact (NOT an event participant): _____

Emergency Contact Phone #: _____ Relationship: Family Friend Other

Circle T-shirt Size (GUARANTEED IF PRIOR TO MARCH 1):

Small Medium Large X-Large 2X-Large Youth X-Sm Youth Sm Youth Med Youth Lrg

Waiver (MUST BE SIGNED by participant or parent/guardian if participant is a minor):

I know that running a road race is a potentially hazardous activity. I know that I should not enter and run 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 this event. I also know that although police protection will be provided, I assume the risk of running in traffic. 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 City of Morton, Running Central, ShaZam Racing, Bethel Lutheran School and any and all other 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 my photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I also allow ShaZam Racing and the sponsors to contact me for race promotions.

Signature: _____ Date: _____