



**WELLNESS CONTEST
REGISTRATION FORM:**
This form MUST be used to get credit in the Wellness Contest.
The school with the highest percentage of staff participants will receive a \$500 grant from the QPSF!



Registration Form *(Individual form required for each participant)*

7th Annual DREAM BIG in COLOR 5K Fun Run 2020

Date of Event:	Saturday, April 18 at 8:30 am
Packet/Shirt Pickup:	Friday, April 17 from 3:00-6:00pm, and April 18 at 7:30am in the QHS Gym
Where:	Quincy Senior High School, 3322 Maine Street

DON'T WAIT! - EARLY BIRD REGISTRATION ENDS – FRIDAY, APRIL 3 @5:00pm	
Early Bird Registration (Before April 3)	LATE REGISTRATION (After April 3)
<i>Adult (Ages 19 and Up) - \$25.00</i>	<i>Adult (Ages 19 and Up) - \$35.00</i>
<i>(T-Shirts not available for Infants/Toddlers)</i>	
T-SHIRTS ARE NOT GUARANTEED AFTER APRIL 3	

**DREAM BIG in COLOR 5K Fun Run powder may temporarily stain blonde hair and tennis shoes.
White clothing is encouraged – it makes the best color splash in the end!**

*Proceeds go to the QPS Foundation. For rules and additional questions,
please visit qpsfoundation.org or email: foundation@qps.org.*

STAFF WELLNESS CONTEST – Dream Big in Color 5K Registration – Please detach and return to the QPS Foundation

Last Name: _____ **First Name:** _____

Age: _____ **Gender:** M / F (please circle) **Email:** _____

Street Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone#: _____ **T-Shirt Size** (circle one): **Adult- S M L XL 2X**

QPS School Affiliation: _____ **(\$1 of each registration will go to this school)**

In consideration for the opportunity to participate in the DREAM BIG in COLOR 5K Fun Run, the Participant (or parent/guardian if Participant is a minor) acknowledges and accepts the risks of injury associated with participation in the activity. The Participant (or parent/guardian) accepts personal financial responsibility for any injury sustained during the activity. Further, the Participant (or parent/guardian) promises to indemnify, defend, and hold harmless Quincy Public Schools and the Quincy Public Schools Foundation or its agents, employees, volunteers, or any other representatives (collectively referred to hereinafter as the "Sponsor") for any injury related directly or indirectly out of the described activity, whether such injury arises out of the negligence of the Sponsor or otherwise. If a dispute over this agreement or any claim for damages arises, the Participant (or parent/guardian) agrees to resolve the matter through a mutually acceptable alternative dispute resolution process. If the Participant (or parent/guardian) and the Sponsor cannot agree upon such a process, the dispute will be submitted to a three-member arbitration panel of the American Arbitration Association for final resolution.

Signature: _____ **Date:** _____
(Participant)

Emergency Contact: _____ **Contact #:** _____

Please send registration form and check made payable to **QPS Foundation**, 3322 Maine St., Quincy, IL 62301