

# JAMES WASHINGTON

## BIRTHDAY DASH



### 5K FUN RUN

**SATURDAY**

**08/10/24 @ 10AM**

Registration on Race Day 8:00 am to 9:45am at AHS Track.

Race starts and finishes on AHS Track.

All proceeds will support AHS XC and T/F Teams

**ENTRY FEE \$15(ADULTS) & \$5(KIDS)**

# JAMES BIRTHDAY DASH

3RD ANNUAL JAMES WASHINGTON BIRTHDAY 5K RUN

10:00 AM Saturday AUGUST 10, 2024  
RACE STARTS AND FINISHES AT AHS TRACK



## ARCATA HIGH SCHOOL

Go Tigers!!

### MORE INFORMATION

1720 M St, Arcata, CA 95521  
Office: (707) 825-2400  
<https://arcatahighschool.nohum.org/>

COMPLETE FORM, SIGN WAIVER, MAKE CHECK PAYABLE TO TIGERS  
BRING REGISTRATION FORM ON RACE DAY

### Participant Information

LAST NAME:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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FIRST NAME:

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Age : \_\_\_\_\_

Gender :  Male  Female

Address : \_\_\_\_\_

Phone Number : \_\_\_\_\_

E-Mail : \_\_\_\_\_

ADULTS \$15 \_\_\_\_\_ KIDS 13 & UNDER \$5 \_\_\_\_\_

### WAIVER:

The Arcata High School participant shall indemnify and hold harmless the City of Arcata and the Northern Humboldt Union High School District and their officers, officials, employees, and volunteers from and against all claims, damages, losses, and expenses including attorney fees arising from their participation in the event, caused in whole or in part by any participant. Anyone directly or indirectly employed by any of the, or anyone whose acts on their behalf shall not be held liable, except where caused by active negligence, sole negligence or willful misconduct of the Northern Humboldt Union High School District and Arcata High School.

NAME (PRINT) : \_\_\_\_\_ DATE : \_\_\_\_\_

SIGNATURE: : \_\_\_\_\_

**ALL PROCEEDS WILL GO TOWARDS AHS CROSS COUNTRY TEAM**

**SPONSORED BY ARCATA HIGH SCHOOL & TIGERS INC**