



Jackson R-2 School District
Milk Mustache Dash 5K & 1 mile
Saturday, April 13th, 2019

Orchard Elementary School

(1402 Orchard Drive, Jackson, MO 63755)

Race Time: 8:00 a.m. Registration: 7:00 – 7:30 a.m.

All proceeds benefit the Jackson R-2 Power Pack program, which provides weekend meals to our students in need.

Participant Registration Form

Name: _____ Birthday (M/D/Y): _____

Age on Race Day: _____ Sex (circle one): M F

Race Entered (circle one): 5K 1 Mile Fun Run/ Walk

Address: _____ City/State/ZIP: _____

Phone: _____ Email: _____

Cost: Adults (>18yr) \$30.00 5K race
 \$20.00 1 mile
 Children (<18yr) \$10.00
 Volunteer (t-shirt Only) \$10

*After March 8th, T-shirt will not be available.

* Parents/Guardians: Would you like to volunteer on race day?

Yes No



*T-shirt Gildan 50/50 blend. Unisex. White.

Sizes: Adult: S M L XL XXL+ add \$5.00
 Child: S (6-8) M (10-12) L (14-16)

Race Packet Delivery Method (Choose One):

Home with student Pick up at Board Office Jackson R-2 Employee Volunteer (t-shirt only)
 Student Name _____ (614 East Adams, Jackson, MO 63755) Building _____ Board Office
 Building & homeroom teacher _____ OR Building _____

***T-SHIRT IS NOT GUARANTEED FOR ENTRIES RECEIVED AFTER MARCH 8th**

**Each participant must complete a separate registration form. Staple form together for same building delivery

*** Medals given to top 3 male and female 5K runners in each age group. (<6, 6-7,8-9,10-12,13-18,19-29,30-39, 40-49, > 50)

'Like' us! 
 @jr2milkmustachedash
 Follow us! 
 @jr2livehealthy
 #MilkMustacheDash
 #JR2LiveHealthy

OR register online at:
<https://localraces.com/jacksonr2schools/milk-mustache-dash-5k-2019>

March 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Early registration ends - form & money due!!					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	START TRAINING for 5K!					

Registration Turn in/Package Pick up:
 Jackson R-2 Administration Office
 614 East Adams., Jackson, MO. 63755 (243-9501)
Make Checks Payable:
 Jackson R-2 School District.
Memo line: JR-2 Power Pack

April 2019						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	Race Packet Pickup/or delivery (7:30-4:30pm)			

Online registration ends
 Race Day! 8am!

Please read carefully and sign the Participation Waiver below:

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with this event, including, but not limited to falls, contact with other participants, the effects of weather, traffic and road conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Jackson R-2 School District and City of Jackson, their representatives and successors from all claims or liabilities of any kind arising from participation in this race.

Signature (parent or guardian required if under 18) _____ Date _____