SCHOOL PARTICIPATION FORM

WELCOME TO THE JUNIOR RIVER RUN

We would like to invite your school to participate in the Junior River Run training program. Last year over 2,400 children participated in this training program which is designed to get children ages 13 and under ready for the Junior River Run. This run is one mile and will be held right after the Gate River Run 15K at 11:00 AM.

HOW THE PROGRAM WORKS

- 1st Place Sports and JTC Running are trying to teach children that running can be fun, and hopefully increase their interest in exercise!

- A coach or P.E. Instructor must complete the required information packet and return it to our race office by December 30th: 3931 Baymeadows Rd., Jacksonville, FL 32217

- The training program and the run are free. All children submitted on the school training roster by December 30th will receive a free “Training for the Junior River Run” t-shirt and a free entry into the Junior River Run. Training shirts will be available the first of January and can be picked up by coaches at our Baymeadows Race Office. We will notify you by email when the shirts are ready for pickup.

- The training program is eight weeks and should begin right after the Christmas break.

- Finisher Medals will be given to all finishers of the Junior River Run!

The training program can be conducted at each school’s discretion during or after school hours, possibly during P.E. by school staff. The program must be a minimum of eight weeks and should begin after the holiday break. The goal is to have each child run a total of 8.3 miles prior to reporting to the starting line of the Junior River Run. Thus the one mile fun run would give them a total of 9.3 miles or 15K, the distance of the Gate River Run.

FORMS THAT MUST BE RETURNED

1. A school participation form that you must fill out stating that your school is participating.

2. A school roster form that you should return to us with each child’s name, age, and t-shirt size that agrees to participate in the training program. Forms must be received by December 30th to qualify for free t-shirts.

3. A Junior River Run entry form for each child in the program will need to be filled out and signed by a parent or legal guardian. These forms should be collected at the school and returned to us with the school roster form no later than December 30th.

We hope that your school will participate and help us make this program even more successful than last year!

SCHOOL PARTICIPATION FORM

Complete this form and return it with the school roster and signed entry forms.

School

_____

School Address

_____

City **State** **Zipcode**

_____ _____ _____

Person in Charge

_____

Email Address*

_____

*We will contact you by email to notify you when the training shirts are ready to be picked up!

Telephone Number(s)

_____

RETURN INSTRUCTIONS

Please return this form, the roster form and all completed entry forms as soon as possible.

Deadline to reserve t-shirts: December 30th!

Mail to: Junior River Run, 3931 Baymeadows Road, Jacksonville, FL 32217

SCHOOL ROSTER FORM

School Name: _____

Please make copies of this page if needed. Indicate youth size with Y.

#	Student Name	Age	T-shirt Size
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			
11.			
12.			
13.			
14.			
15.			
16.			
17.			
18.			
19.			
20.			

ROSTER PAGE SUBTOTAL · shirts listed on THIS page only:

YS: ☐ **YM:** ☐ **YL:** ☐ **S:** ☐ **M:** ☐ **L:** ☐ **XL:** ☐

IMPORTANT: Complete the SCHOOL-WIDE GRAND TOTALS form on the next page.

Return by December 30th. Signed waivers for each child must be turned in with this roster.

SCHOOL-WIDE GRAND TOTALS

Complete ONE final totals sheet per school after all roster pages are filled out.

School Name: _____

Number of roster pages included: [ ]

TOTAL STUDENTS FROM ALL ROSTER PAGES: [ ]

FINAL T-SHIRT TOTALS — ALL STUDENTS / ALL PAGES

YS	Youth Small	
YM	Youth Medium	
YL	Youth Large	
S	Adult Small	
M	Adult Medium	
L	Adult Large	
XL	Adult X-Large	

CHECK: Total of all shirt sizes must equal total number of students.

Return this sheet with all roster pages and signed student entry forms by December 30th.

Junior River Run | 3931 Baymeadows Road, Jacksonville, FL 32217

ONE MILE TRAINING RUN PROGRAM

This program is designed to help prepare a beginning runner to run the Junior River Run. The key is to follow the schedule and make sure the children are working at a comfortable pace. The program is designed to keep the child moving continuously for ten minutes. Good luck to your runners and thank your for your support of our event.

TRAINING DAYS: MONDAY / WEDNESDAY / FRIDAY

Tuesday, Thursday and Sunday are off days; Saturday is off except race day.

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	3 min run & 7 min walk	Off	3 min run & 7 min walk	Off	3 min run & 7 min walk	Off	Off
2	4 min run & 6 min walk	Off	4 min run & 6 min walk	Off	4 min run & 6 min walk	Off	Off
3	5 min run & 5 min walk	Off	5 min run & 5 min walk	Off	5 min run & 5 min walk	Off	Off
4	6 min run & 4 min walk	Off	6 min run & 4 min walk	Off	6 min run & 4 min walk	Off	Off
5	7 min run & 3 min walk	Off	7 min run & 3 min walk	Off	7 min run & 3 min walk	Off	Off
6	8 min run & 2 min walk	Off	8 min run & 2 min walk	Off	8 min run & 2 min walk	Off	Off
7	9 min run & 1 min walk	Off	9 min run & 1 min walk	Off	9 min run & 1 min walk	Off	Off
8	10 min run	Off	10 min run	Off	10 min run	Off	Off
9	10 min run	Off	5 min run	Off	Off	**Jr. River Run**	

The final week includes the Junior River Run on Saturday.

JUNIOR RIVER RUN

Official Entry Form

Name of School

Official Use Only

First Name | Last Name | Age on Race Day | Sex (M / F)

Street Address | Apt. #

City | State | Zipcode

Adult Cotton Shirt Size (S / M / L / X) | Youth Cotton Shirt Size (S / M / L)

Cell Phone Number

WAIVER OF LIABILITY ACKNOWLEDEMENT: I am voluntarily entering or agreeing to be a volunteer at name of race and year ("Event"). I understand that my participation in Event is a physically demanding and can be a potentially hazardous activity, which could cause injury or death. I agree to not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform Event, am in good health, and am properly trained. I assume all risks associated with my participant in Event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and /or humidity, traffic on the course and the conditions of the course, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals and radio headsets are not allowed in Event. I also understand that I must return the timing transponder issued to me for Event, if requested or I will be billed $30.00 as replacement cost. I also understand that if Event is canceled, rescheduled or details are changed for any reason beyond the control of race management that I hereby waive and release any claims against Event and it's organizers that I may have as a results of any such changes and that my entry fee will not be refunded. I understand that if I cannot participate in Event, ie injury, family emergency, etc., that I will not receive a refund. AUTHORIZATION: I agree to abide by any decision of Event's officials relative to any aspect of my participation in Event, including the right of any Event official to deny or suspend my participation for any reason whatsoever I grant permission for Event's organizers to take pictures of me during Event and agree for Event to use any photos of me that may be taken during my participation. I grant permission to publish my name in the results of Event. I also grant permission for Event's organizers to use my email address to communicate with me concerning other upcoming events and specifically, instructions for Event. I will abide by these guidelines. GUARDIAN'S PERMISSION AND RELEASE FOR MINOR: If I am or will be applying for my child to participate in, or be a volunteer at, the Event, I represent and warrant that I am the parent or legal guardian of the child and, as such, consent to my child's participation in Event and I agree that the terms of this Waiver Releases, and Authorizations apply equally to my child and me and any claims I or my child may have in connection with Event. I also waive any derivative claims that relate to or arise out of my child's participation in Event. AGREEMENT: Having read the waiver including the acknowledgement, authorization and permission 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 1st Place Sports, Inc., 1st Place Sports Running Club, Inc, 1st Place Sports Management Services, Inc , the City of Jacksonville, its agencies departments and officials; any other Organizers of Event, all charitable beneficiaries of Event, all sponsors of Event, and their licensees, sponsors, employees, official, volunteers, including medical volunteers, and other representatives, agents, and successors of each of the foregoing, from present and future claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons or organizations named in this waiver

Please sign here. (Parent must sign if participant is under 18 years of age) Date Signed

JUNIOR RIVER RUN

Official Entry Form

Name of School

Official Use Only

First Name | Last Name | Age on Race Day | Sex (M / F)

Street Address | Apt. #

City | State | Zipcode

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