

Annual Val Kapture 5K Run/Walk With Alumni/Adult Baseball Game



Saturday, May 11, 2019
10:00 am

At Johannesburg-Lewiston High School



- *Rain or Shine (For the run!)
- *Registration/Check-In begins at 9:00am
- *Course is looped around the school premises
- * Baseball game will begin at 11am. This will be played by alumni or any adult wishing to play. Game will be played with pitching machine and batters will be allowed 3 strikes per at bat to keep pace of play. (18 or older)

\$35 Entry Fee: Includes the Run/Walk, Baseball Game,
\$25 Entry Fee for Run/Walk Only or Baseball Game Only



SLEEP IN Option!!! Still support the JL baseball program

Donation: _____ \$25 _____ \$50 _____ \$75 _____ \$100 _____ Other \$

Please check one of the following options:

5K Walk/Run: _____ Baseball: _____ Both: _____ Sleeping In: _____

ENTRY FORM (for runners/players and sleep-in option):

Name: _____ Sex: _____ Age: _____

Phone: _____ Email: _____

Address: _____

Make checks payable to **J-L Baseball**

Send checks to JL Schools 10854 M32 East, Johannesburg, MI 49751

Attention: Cody Proctor

If you are interested or have any questions, please contact Cody Proctor at 989-350-1419

You can find the registration form on line at www.jlas.org

Waiver (MUST BE SIGNED)

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release any and all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ Date _____

Parent or Guardian (if under 18) _____