



Coach's Instructions

How to sign up your school's running group for the Independence Park Trot 5K Walk/Run:

1. Email Selena Good at sgood@indepmo.org with your school name and interest in the 5K Run/Walk.
2. You will receive a **REGISTRATION FORM** and **WAIVER** for your entire team via email.
3. Fill out all of the information about each child on the **REGISTRATION FORM**.
4. Have the **WAIVER** signed by the guardian of each child participating in the event.
5. Email the completed **REGISTRATION FORM** and signed **WAIVER** to Selena Good at sgood@indepmo.org by FRIDAY, APRIL 5.
6. The **REGISTRATION FORM** must be filled out, the **WAIVER** must be signed, and both items must be returned to Selena Good in order for the children to be chip-timed in the race.
7. Further details about the free 5K can be found on the website, www.independenceparktrot.com.

Questions or concerns? Contact Selena Good at the Independence Health Department at 816-325-7187 or sgood@indepmo.org.