

5K Run or Walk

September 18, 2010



Date / Time: *Saturday, September 18, 2010 @ 8:00 am* – Registration begins @ 7:15

Where: at the Holloway Health & Wellness Center on Lindsey Wilson College Campus (the run & walk will start & end here)

Distance: 5K (3.1 Miles) or 2 mile walk

Brief Description: *Wear a pink shirt if you have one!* A fun run/walk through the streets of beautiful Columbia, KY. There will be refreshments after the run/walk. Awards go to the top two male/female finishers for running and walking division.

Entry Fee: \$15 received by September 11 / \$20 on race day

2010 5K Entry Form

Name: _____

Address: _____

City: _____ State: _____ Zip _____

Email: _____ @ _____ Phone: _____

Sex: **M F** Race: **Run Walk**

Waiver: In consideration of the acceptance of my entry, I hereby waive, discharge and release on behalf of myself, my heirs, executors and assigns, all claims of any nature, including but not limited to damages, demands, actions, whatsoever in any manner, arising from my participation in this 5K, and do hereby release the coordinators, staff, workers and volunteers from any claim whatsoever arising from my participation in this event. I agree to abide by all the rules for participation, and acknowledge that this 5K may refuse or return my entry at its discretion. I attest and verify that I understand the risks involved in such a run/walk, and that I am physically fit and have trained adequately in preparation and I agree to pay for my own medical expenses in the case of an accident or illness regardless of whether I have authorized such expenses. I permit the use of my name and picture participating in this event for publicity.

Signature _____ Parent's signature (for entrants under age 18) _____

Date _____

Make Checks Payable To: Susan G. Komen Atlanta 3-Day for the Cure

Mail to: c/o Rebecca Schmidt 75 Maple Tree St. Columbia, KY 42728 or at LWC - Computer Center

For More Information: email- bezecca@hotmail.com

Wear a Pink Shirt...