

# LifeCare Fitness Center

## Cross Country 5K And 1 M Walk

**Date:** Saturday June 12<sup>th</sup> , 2010

**Price:** \$ 10

(Thanks to JCCTCC for helping pay the costs of the run)

**Time:** 7:00 Registration

7:30 5K Run

8:30 1M Walk

**Location:** 1603 W 4th / Holton, KS

Holton Family Health Center Clinic

( ½ Mile West of stop light on Hwy 75 ) South Side of Road

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**Entry Form:** Please send back by June 5<sup>th</sup>

**To:** LifeCare Fitness Center 115 E. 5<sup>th</sup> Holton, Kansas 66436

or e-mail to: [m.keehn@chcs-ks.org](mailto:m.keehn@chcs-ks.org)

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City/State/Zip:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

**Age:** \_\_\_\_\_

**Male or Female**

**Phone:** \_\_\_\_\_

**Shirt Size:** Small Medium Large X-Large

**Waiver:** Knowingly, I am entering the run/walk and hereby waive any and all claims against the sponsors and directors for any injury/illness I may receive as a result of my participation in this event. I understand that the race may be held during severe weather and I assume all risk.

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**Signature (must also be signed by parent if under 18)**      **Date**