I know that running/walking in a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in the Cowan Lions Club 5k, including but not limited to falls, contacts with other participants, the effects of the weather including high heat and/or humidity, low temperature, traffic and conditions of the road, all risks being known and appreciated by me.

X _____

(Waiver to be signed by legal guardian if participant is under the age of 18.)

4th ANNUAL COWAN LIONS CLUB

5K RUN/WALK

JULY 28, 2012
8:00 A.M.

PROCEEDS BENEFIT
CORINTH FOOD PANTRY.

(KEEP)

"WILL RUN FOR FOOD"

This years Annual Cowan Lions Club 5K run/ walk is themed "WILL RUN FOR FOOD!" Proceeds will benefit our local Corinth food pantry.

Start and finish line will be located at the Cowan Lions Club on Malissa Street in Cowan.

Runners begin at 8:00 am, followed by walkers at 8:05.

This race is mostly flat with slight rolling hills. Strollers are welcome.

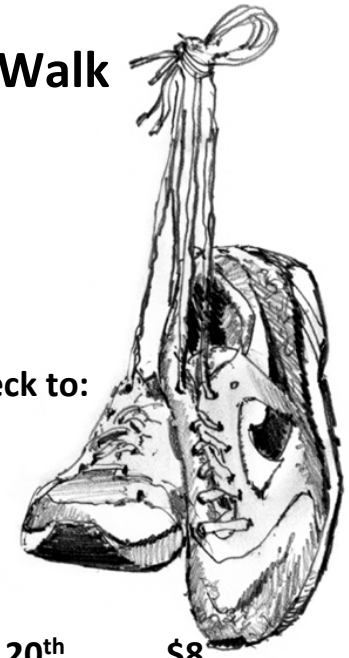
Award ceremony will directly follow completion of 5K walkers, at approximately 9:15 am.

Edible Prizes Awarded By Age

0-5	31-40
6-10	41-50
11-15	51-60
16-20	61-70
21-30	71-80

Race Coordinator: The Shirey family
meshirey@frontier.com
(765)774-4444

Cowan Lions Club 5K Run/Walk



Entry Form:

Send signed waiver, completed entry form, and check to:

Storehouse Ministries
8724 N 575 E
Mooreland, IN 47360

Pre-registered entries must be postmarked by: July 20th **$8**
Day of race registration : 7:00 – 7:30 am **$10**
Family of 3+ flat fee **$30**

Last Name: _____First
Name:_____MI:____
Address : _____
City :_____State:_____ Zip:_____
Telephone Number ( ) _____
E-Mail:_____
Age on Race Day:_____ Sex: _____M _____F
Tidbit About Yourself:_____
_____

Circle one: 5K Run 5K Walk