

## 10 K Run/Walk Start Time 7:30 a.m.

The 10K course is a wheel-measured course that starts at the top of the hill just west of the church, and makes a rectangle, finishing in front of the church. Water stops are provided. The course includes about two miles of pavement with the remainder on gravel/dirt backroads with a few challenging hills. If there is rain, come prepared for mud. Trophies for the first three male and female finishers with awards to the next three finishers in each age division. T-shirts included in the entry fee for all participants.

## 1 Mile Run/Walk Start Time 9:00 a.m.

The 1 mile course is out and back on paved roadway. Trophies for the first three male and female finishers with awards to finishers in each age division.

## AGE DIVISIONS

### 10K:

14 & under 15-19 20-25 26-30 31-40  
41-50 51-60 61-70 70 & over

### 1 Mile:

6 & under 7-9 10-12 13-15 16-19  
20-25 26-30 31-40 41-50 51-60  
61-70 70 & over



**For your safety,  
NO HEADPHONES,  
please!**

## VERY IMPORTANT:

We **MUST** receive your completed entry form by:

**June 9, 2008**  
in order to receive your t-shirt  
on race day

## LATE ENTRY FEE

of \$13.00 for entries  
received after the deadline

### Send entries to:

Marc & Teresa Moore, 1961 24th Road  
Green, KS 67447

E-mail: [gotyergoat@twinvalley.net](mailto:gotyergoat@twinvalley.net)  
Call (785) 944-3681 or (785) 630-0977  
with questions.

### AFTERWARD.....

Award ceremony and light breakfast served by the church ladies in the fellowship hall.

### Spectator's Contest!

Some fun for your loyal supporters! Race fans are invited to decorate lawn chairs, wear costumes, and make up cheers or provide music to entertain the runners. You are welcome to position yourself along the course or at the finish.

## ENTRY FORM

### Entry Fees:

\$10 for 10K, includes t-shirt  
\$13 if received after June 9, 2008

\$10 for 1 mile, includes t-shirt  
\$13 if received after June 9, 2008

Name (print) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_

Date of birth : \_\_\_\_\_ Age on race day \_\_\_\_\_

MALE  FEMALE

Event: 10K  1 mile

### T-SHIRT SIZE:

Little Kids 10-12  14-16

ADULTS Sm  Med  Lg  XL  XXL   
(\$2 extra)

### MAKE CHECKS PAYABLE TO:

*Alert Youth Fellowship*

Entry Fee Enclosed \$ \_\_\_\_\_

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators waive any and all rights and claims for damages I may have against sponsors, coordinating groups and any individuals associated with the event, their representatives, successors and assigns for any and all injuries suffered by me in connection with said event. Also, none of the above are responsible for the loss of personal items or for any other form of aggravation in connection with said event. In filling out this form, I acknowledge that I am an amateur in such events. I also give my permission for the free use of my name and picture in any broadcast, telecast or print media account of this event. In filling out this form, I acknowledge that I have read and fully understand my own liability and do accept the restrictions.

Signature \_\_\_\_\_

If under 18, signature of parent or guardian