

ARBOR DAY 5K & 2 MILE FUN RUN/WALK & (**new) SAPLING SPRINT -- April 25, 2009 (Sat) presented by Pro Fitness & The Healthy Shake



ENTRY FEES:

\$15 for 5K postmarked April 13.

\$20 after April 13 & race day registration.

\$10 for 2-mile fun run/walk postmarked April 13.

\$15 after April 13 & race day registration.

\$5 for Sapling Sprint postmarked April 13.

\$8 after April 13 & race day registration.

Note: We must receive your form by April 13 in order to reserve your t-shirt. First 100 entrants receive t-shirts.

Entry fee must accompany entry form and is not refundable. **Make checks payable to: ARBOR DAY FUN RUN**, Attn: Diana Knox, 1125 Laramie, Suite H, Manhattan, KS 66502.

GO TO ACTIVE.COM FOR ONLINE REGISTRATION!

(TYPE IN ARBOR DAY 5K)

****A portion of the proceeds will benefit the American Red Cross.**

Name (print) _____

Address _____

City _____ State _____ Zip _____

Phone (day) _____ (home) _____

E-Mail _____

Date of Birth _____ Age on race day _____

Male _____ Female _____ Event: 5K _____ 2 Mile _____

T-Shirt Size: _____ Sapling Sprint _____

Youth 7-8 _____ 10-12 _____ 14-16 _____

Adult Sm _____ Med _____ Lg _____ XL _____ XXL _____ (\$2 extra)

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 nor any other form of aggravations in connection to 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 of this event. In filling out this form, I acknowledge that I have fully read and fully understand my own liability and do accept the restrictions.

Signature _____

If under 18, signature of parent or guardian is required

ELIGIBILITY:

The Arbor Day Fun Run is open to all runners, joggers, and walkers, regardless of sex or age. Strollers are welcome on the 2-Mile Fun Run/Walk. Sapling Sprint is for ages 4 to 8.

RACE PACKETS:

Race packets may be picked up on Friday, April 24, at ProFitness in Aggieville (1125 Laramie, Lower Level) from 12:00pm to 7:00pm (Go to profitnessmanhattan.com for location map). Packets will be available for pick-up the morning of the race from 7:00 to 7:40am at the registration table near the start.

SCHEDULE OF EVENTS (Rain or Shine):

7:00 -- 7:40am -- Registration and packet pick-up. Maps will be posted by the registration table.

8:00am -- Start of Sapling Sprint

8:15am -- Start of 5K

8:20am -- Start of 2 Mile Fun Run/Walk

9:00am (approx.) -- Awards near finish line and raffle

AWARDS:

Top three finishers overall of women's and men's races will receive trophies. Medals will be awarded to the top three in each age group. All Sapling Sprint "runners" will receive participation ribbons.

Each entrant will receive a race t-shirt if entry is received/postmarked by April 13.

AGE BRACKETS:

5K--14 & under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60+

2 Mile--14 & under; 15-19; 20-29; 30-39; 40-49; 50-59; 60+

GENERAL INFORMATION:

Parking is available in Aggieville, nearby streets and City Park near the pool, and baseball fields.

Restrooms available downstairs at Pro Fitness and near START/FINISH LINE.

ALL MAPS CAN BE FOUND AT...

profitnessmanhattan.com and click on Arbor Day Fun Run.

Contact: Diana Knox, Race Director
(785) 539-7095 or dknox@ksu.edu

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