

2022 Waldo McBurney Race Registration

Race Day: Saturday August 20

8:00 a.m. 5K Run/Walk

Location: Quinter City Park

9:00 a.m. 1 mile Run/Walk(all ages)

9:30ish a.m. 200 M Children's Races

Name _____

Email _____

Age _____ Male Female

Race (circle one): 5K Run/Walk 1 Mile Run/Walk
200 Meter Children's Race

T-Shirt(circle one): Adult XXL XL L M S
Child L M S XS

*Fees: \$20 by August 12th, guarantees T-shirt
\$25 after August 12th, T-shirt not guaranteed
\$10 flat fee children 12 and under

Race Packet Pick-up: Quinter City Park West Shelter
August 19, 6:30 - 8:00 p.m.
August 20, 6:30 - 7:30 a.m.

Waiver: I am aware of the potential hazards associated with running or walking a road race. I accept responsibility for all hazards of participating in the race, including but not limited to, falls, weather related events, personal health conditions, and injuries related to the course itself. I waive Castle Rock Health and Fitness of all liability.

Signed (participant/ legal guardian) _____

**Mail completed registration to Doug Gruenbacher, 500 McKinney, Quinter KS 67752,
or drop off at Bluestem Medical during business hours. Thank you for your participation!

Please make checks payable to **Castle Rock Health and Fitness. All
proceeds to benefit Castle Rock Wellness Center, all locations**