



Longhorn Stampede

May 18, 2019

Sponsored by the HRC Wellness Center

- What:** A fun event to promote the benefits of a healthy and active lifestyle.
- Events:** Age Graded 5K (Run/Walk)
Kids Run (young kids paired with parent/family member or older runners)
- Where:** Holcomb Recreation Commission Building - 106 Wiley St. in Holcomb.
- Race Times:** 8:00 am - 5K
Approx 8:45 am - Kids "Buddy" Run
- Registration:** 7:00am – Pre-Registration is highly encouraged
T-Shirts & goodie bags will not be guaranteed without pre-registration.
Pre-registration Deadline is: 5:00pm on Thursday, May 9.

Fees:		**Group / Club**	Non-Members
5K	- Thru May 9	\$20.00	\$25.00
	-After May 9	\$25.00	\$30.00
Kids Race		FREE (includes a T-Shirt)	

****Groups / Clubs:** Discount fees available to HRC Wellness Center Members and to members of S.W.F.T.R. / Team 4F Run Clubs.

Divisions: Male / Female

Awards: Top 6 in each Division will receive special awards

Chip timing and results provided by: Heartland Timing

On Line Registration: <http://www.holcombrecreation.com>

Questions: Contact – Dan Knight, HRC Wellness Director at (620) 277-2152 or (620) 521-2643
hrcwellnessdir@wbsnet.org
Facebook @ Holcomb Recreation Commission

Bib Number:

HRC Longhorn Stampede 2019

Name: _____ Phone: _____ - _____ - _____

_____ - _____ - _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____
(Optional)

Emergency Contact: _____ Phone: _____ - _____ - _____

Please Circle Division: Male Female

Group / Club Member: HRC Wellness Center S.W.F.T.R. Team 4F

Age: _____ DOB: _____ - _____ - _____ T-Shirt Size: _____

Pre-registration Deadline is: 5:00pm on Thursday, May 9, 2019

Event Fee:	<u>Group / Club Fee</u>	<u>Non-Members Fee</u>	
Thur May 9	\$20.00	\$25.00	
After May 9	\$25.00	\$30.00	= \$ _____

Additional T-Shirts: Youth or Adult - Sm___ Med___ Lg___ XL___ 2X___ 3X___ @ \$15.00ea. = \$ _____

Paid: Check Cash Staff Initial: _____ Total = \$ _____

Return Entry Form to: **Holcomb Recreation Wellness Center**
Longhorn Stampede
106 Wiley St.
or P.O. Box 78
Holcomb, Ks. 67851

Liability and Photo Waiver: It is specifically understood that participation in this event has potential dangers. I acknowledge that potential and understand that Holcomb Recreation Commission, Holcomb Unified School District #363, their agents, employees, volunteers or officials are not liable for any claims arising out of injury or accident, unless occasioned by wanton and willful negligence.

I hereby give permission to HRC and/or USD #363 to use any and all photographs taken of myself or my child for posting to the website, on printed materials or other media. I hereby waive any rights or interests that I might have in any and all images without compensation to me.

Signature: _____

Parents Signature (if under 18): _____