



# Run, Walk, Crawl... JUST JOIN US

**September 23, 2017**

Race Day Registration: 7:30 a.m.

Packet Pick-up: 8:00 a.m.

Race Time: 8:30 a.m.

The annual run/walk will start behind the football stadium off of Park Rd. Entry fees include a goodie bag, hydration station, post-race refreshments, awards and/or medals for top runners and a drawing for great products and gift certificates!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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

Age on 09/23: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_

Phone #: \_\_\_\_\_ Cell: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Emergency Contact Phone #: \_\_\_\_\_

## Entry Fee (Check One):

\_\_\_\_\_ FREE Kids Mile

\_\_\_\_\_ \$10.00 (Kids Mile with T-shirt)

\_\_\_\_\_ \$20.00 (5K-NO T-shirt by Sept. 10)

\_\_\_\_\_ \$25.00 (T-shirt by Sept. 7<sup>th</sup>)

\_\_\_\_\_ \$30.00 (Race Day Registration)

## T-shirt Size:

\_\_\_\_\_ Youth Small \_\_\_\_\_ Youth Med. \_\_\_\_\_ Youth Lg. \_\_\_\_\_ Youth XL

\_\_\_\_\_ Adult Small \_\_\_\_\_ Adult Med. \_\_\_\_\_ Adult Lg. \_\_\_\_\_ Adult XL

\_\_\_\_\_ Adult XXL \_\_\_\_\_ Adult XXXL

Additional \$3.00 fee for XXL and XXXL shirts.

**Waiver & Release-Please Read & Sign** (Participant or Parent/Guardian must sign in order to be eligible to participate in the race): I am a voluntary participant in this event, and in good condition. I, the signee intending to be legally bound, hereby, for myself, my heirs, executors, and administrators waive and release any and all right and claims for damages I may have against the "Take the Lake 5K/Kids Mile" and Garnett Church of the Nazarene, the beneficiary organizations, their directors, sponsors, workers, volunteers, representatives, successors, assigns for any and all injuries in the event.

\_\_\_\_\_  
Signature of participant or parent/guardian if under age 18

\_\_\_\_\_  
Date

Please mail your completed entry form with check payable to: Garnett Church of the Nazarene "Take the Lake 5K/Kids Mile," 258 W. Park Rd. Garnett, KS 66032 Attn: Shannon Day  
Call or text 913-963-2435 or email [takethelake5kkidsmile@gmail.com](mailto:takethelake5kkidsmile@gmail.com) with any questions.