

*Longhorn Stampede*

*June 10, 2017*

*Sponsored by the HRC Wellness Center*

**What: A fun event to promote the benefits of a healthy and active lifestyle**.

**Events: 5K - 10K – Kids “Buddy” Race**

**Where**: **Holcomb Recreation Commission Buildiing - 106 Wiley St. in Holcomb.**

**Race Times:** **7:15 am - 10K**

**7:30 am - 5K**

**8:30 am - Kids** “Buddy” **Race** ( paired with area runners or family members)

**Registration:** **6:15am** – Pre-Registraion is highly encouraged

T-Shirts & goodie bags will not be guaranteed without pre-registration.

**Pre-registration Deadline is: 6:00pm on Thursday, June 1, 2017.**

**Fees:**  **\*\*Group / Club\*\* Non-Members**

**5K & 10K - Thru June 1 $20.00 $25.00**

**-After June 1 $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. / Heartland RunJunkEes / Team 4F Run Clubs.

**Divisions:** Male / Female Age Groups: 12 & Under; 13 – 19; 20 – 29; 30 – 39; 40 – 49; etc.

**Awards:** The Top 2 Places in each Age Division

Top 3 Places Overall - (M/F) 5K/10K

**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](mailto:hrcwellnessdir@wbsnet.org)

Facebook @ Holcomb Recreation Commission

Bib Number:

**HRC Longhorn Stampede 2017**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_-\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_-\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_**

**Mailing Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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

**E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

(Optional)

**Emergency Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_-\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_**

**Please Circle Event:** **5K 10K Kids Race**

**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: 6:00pm on Thursday, June 1, 2017**

**Event Fee: Group / Club Fee Non-Members Fee**

**Thur June 1 $20.00 $25.00**

**After June 1 $25.00 $30.00 = $\_\_\_\_\_\_\_**

**Additional T-Shirts: 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): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**