

One Entry Form Per Runner
Additional forms are available at www.whodoyourunfor.org
Submit form by September 15 to guarantee shirt size availability!

Race Registration



Performance Runner
Royal Blue Short Sleeve Shirt
Included in Registration Fee

Small Medium Large
X-Large XX-Large XXX-Large
Youth Small Youth Medium
Youth Large

Race Registration @ \$35.00/Runner \$
(Includes Runner Shirt)

☐ Yes, I am a member of SWFTR
(eligible for \$5.00 discount- No discounts after September 28)
TOTAL \$

Please make payments to: Leave A Legacy Foundation
PO Box 734 Garden City, Kansas 67846

Team Name: _____

I am on a team ☐ Yes ☐ No

I am participating in the:

☐ Legacy 10K ☐ Spirit 5K

RELEASE AND WAIVER:

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection is provided, there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks inherent with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, including high heat, and/or humidity and the condition of the roads, all such risks being known and appreciated by me. I agree to abide by all decisions of the race officials relative to my ability to safely complete this race. I agree not to wear headsets during the race. I am entering this event at my own risk and assume all responsibility for injuries I may incur as a direct or indirect result of my participation. Knowing these facts, and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and to waive, release and discharge Leave A Legacy Foundation, Garden City, Kansas, Finney County Sheriff's Department, City of Garden City, including police for or on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of my participation in this event through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to the sponsors and/or agents authorized by them to use any photographs, videotape, motion pictures, recordings, or any other record of this event for any purpose. By signature below I acknowledge that I have read the above and foregoing and acknowledge my understanding of the same.

Signature of Runner: _____

Date: _____

\$2,000 IN CASH PRIZES INCLUDING
\$500 FOR OVERALL MALE AND
FEMALE 10K WINNERS!
ADDITIONAL PRIZES AND CASH FOR 5K
AND DIVISIONAL WINNERS

You are invited to celebrate 10
years of Leave a Legacy
Foundation with a

Casino Night

October 7, 2017
7:00 PM-10:00 PM
The Golf Club at Southwind
Tickets: \$50/person
*must be 21 to enter

Did You Know...

Both Races are USA
Track & Field Certified
Spirit 5K: KS17008TJD
Legacy 10K: KS17007TJD

Schedule of Events

Friday, October 6: 2017

Registration

5:00-8:00 PM at **Heartland Cancer Center**
410 E. Spruce, Garden City

Saturday, October 7: 2017

Heartland Cancer Center

Registration:

7:30 AM

5K Race & 10K Race:

8:30 AM

Chris Cakes Pancake Feed:

9:00 AM

Kids Fun Run:

10:00 AM

Casino Night

The Golf Club at Southwind

7:00 PM- Must be 21 to Enter

Top Finishers

Legacy 10K

Name	Time	Year
1 Cameron Rieth	32:26.9	2013
2 Agustin Hernandez	32:57.9	2013
3 Tanner Christiansen	33:20.5	2014
4 Elias Diaz	33:31.32	2009
5 Craig Donnelly	33:44.6	2014
6 Eric Wernich	33:48.48	2009
7 Elias Diaz	33:51.8	2012
8 Elias Diaz	34:08.6	2011
9 Alex Carrizalez	34:25.89	2008
10 Eric Wernich	34:49.1	2011

www.whodoyourunfor.org



Race as an Individual or Participate as a Team

A team is any group of 4 people or more who want to participate in any of the Leave a Legacy races as a group. Teams with 4 or more people are eligible for a \$5.00 discount per entry. This group may consist of friends, family, co-workers, church and civic groups, schools, children or any combination thereof. Team members do not have to participate in the same event.

There is no limit to the number of members you can have on your Team

Contact info@whodoyourunfor.org for assistance in forming your team or visit www.whodoyourunfor.org for more information on teams



SWFTR Members: When registering online use the coupon code SWFTR to receive your \$5.00 discount!

10th Annual

LEAVE A LEGACY 10K



5K  RUN

WALK KIDS' RUN

SATURDAY, OCTOBER 7: 2017
GARDEN CITY, KANSAS

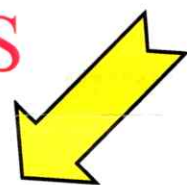
On March 16, 2007, the **Leave a Legacy Foundation** was created to honor the life of our dear friend Laura and to strengthen the cancer resources in southwest Kansas. Laura died at the tender age of 30 after a six year battle with brain cancer. She walked through it all with such beauty and grace, and always with a wink and smile on her face!

With your support, over the past nine years we have contributed over \$165,000 and strengthened the cancer fighting resources available in southwest Kansas by financially assisting with new programs and technologies.

**Celebrate our 10th Anniversary
with Casino Night!**



Register online at
www.whodoyourunfor.org



We are proud to say that with your help, 2016 was the most successful year we have had in accomplishing our mission.

As we look to the future, we hope to have the support to maintain funding for the Midwest Cancer Alliance membership for many years to come. In addition, we have expanded our cancer screening events to include additional communities in southwest Kansas.

Join us as we celebrate 10 years of the Leave a Legacy Foundation with a special casino night fundraising event. Only 250 tickets will be sold to this fun filled event. So purchase your ticket today!