

6th Annual - Ashland Fitness Center, Inc.
Firecracker 5K Run and 1.5 Mile Prediction Run/Walk
July 4th, 2019 – Ashland, KS

The Ashland Fitness Center is hosting this activity in order to promote the benefits of a healthy and active lifestyle.

6:00 a.m. Registration begins at Ashland High School (East Parking Lot)
6:30 a.m. 5K Run and 1.5 Mile Prediction Run/Walk begins

Race Summary: Beginning at the High School and finishing at the Fire Station, you will be able to walk directly to the Fireman's breakfast, where awards will be announced. In addition to the overall winners, we will award medals in the 5K to the top 3 in six (6) age groups (male and female). For the prediction run/walk, we will award for the top 3 most accurate predictions. The annual 4th of July breakfast is put on by the Volunteers of the Ashland Fire Department and a free-will offering is accepted and appreciated for breakfast.

ENTRY FEES: \$25 for 5K and \$20 for Prediction Run (FREE T-Shirt if Pre-Registered by June 23rd).
There is a **\$5 Discount** for current Ashland Fitness Center members and SWFTR members.
Kids 12 and under are Free.

How to Register? Mail to AFC, PO Box 505, Ashland, KS 67831 or Deliver to Stockgrowers State Bank
Checks should be payable to: Ashland Fitness Center, Inc.

Shirts: Participants will only be guaranteed a T-Shirt if they are Pre-Registered.
Specify Youth or Adult size along with your shirt size on the registration form below.

What is a Prediction Run? A refreshing break from the usual race format, the 1.5 mile prediction run/walk is not about being the fastest runner or walker, but rather about most accurately predicting your finish time. Prediction times will be recorded at participant check-in. The 3 most accurate predictions will win awards. Participants are NOT allowed to use watches or other time-keeping devices during the Prediction Run/Walk.

Contact: Any AFC Board Member for Details. Karrie Kay, Terrie Luckie, Kendal Kay, Sue York, Trent Null, and Kimberly Courtney, or via e-mail at: ashlandfit@gmail.com

NAME: _____

AGE ON RACE DAY: _____ **DATE OF BIRTH:** _____ **SEX:** M F **SHIRT SIZE:** _____

RACE: 5K or 1.5 Mile Prediction Run/Walk (Please Circle) If Prediction, Est. Finish Time: _____

PHONE: _____ **E-Mail Address:** _____

EMERGENCY CONTACT: _____ **PHONE:** _____

In consideration of the acceptance of this registration/entry, I, the undersigned, assume full responsibility for any injury or accident which may occur during my participation in this event, or while I am on the premises of the event. I also hereby for myself, my heirs and executors, waive, release and hold harmless all sponsors, promoters, directors, volunteers, officials, or other persons associated with the event or their agents or employees, for all damages which may be suffered by me in connection with my entry or participation. The course for this event will not be closed to traffic; participants should yield to traffic at all times.

Participant's Signature _____ Date _____

Signature of Parent or Legal Guardian (if Participant is under 18) _____ Date _____