

One Entry Form Per Runner

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

Name _____

Address _____

City, State, Zip _____

Age on Race Day _____ Gender _____

Phone Number _____

I am on a team Yes No

Team Name: _____

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: _____

Race Registration



Performance Runner

Lime Green 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)

Yes, I am on a TEAM _____

(eligible for \$5.00 discount– No discounts after September 28)

MAXIMUM Discount \$5.00

GRAY LONG SLEEVE EVENT SHIRT

\$20.00 Adult \$15.00 Youth

Small Medium Large

X-Large XX-Large XXX-Large

Youth Small Youth Medium

Youth Large



Did You Know...

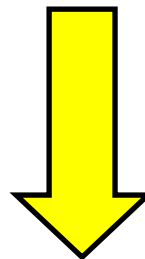
Both Races are USA

Track & Field Certified

Spirit 5K: KS17008TJD

Legacy 10K: KS17007TJD

Register ONLINE



www.whodoyourunfor.org



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 Wenrich	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 Wenrich	34:49.1	2011



Help us Fill the Fridge at the Cancer Center with water and snacks for patients and their families! Make a donation today in honor of your loved one! Some patients are at the center for hours each visit and these refreshments make this experience a little less difficult for them.

You are invited to celebrate 11 years of Leave a Legacy Foundation with a

Hearts Are Wild Casino Night

October 6, 2018

7:00 PM– 10:00 PM

The Golf Club at Southwind

Tickets: \$50/person

*must be 21 to enter

Who do you run for?



We all know someone whose life has been touched by cancer... a mother, father, family member or friend. Help us paint the town pink in honor or memory of your loved one. Leave a Legacy Foundation yard signs will be

available for delivery beginning on September 4, 2018 and can be displayed along the Leave a Legacy Race Course on October 6, 2018. Your support of Leave a Legacy Foundation helps bring cutting edge cancer treatments to the residents of this area. Signs are available for \$35 (delivery) or \$25 (pick up from St. Catherine Hospital Marketing Department). Signs only available for delivery in Garden City/Holcomb area.

Your Name: _____

Name on Sign: _____

Address: _____

Please make payments to:

Leave A Legacy Foundation

PO Box 734 Garden City, Kansas 67846

Runner Registration ___ @ \$35.00 \$ _____
(Don't forget - you must also submit your signed entry form!)
SWFTR or TEAM Discount ___ (-\$5.00) \$ _____
Long Sleeve Gray Shirt Adult ___ @ \$20.00 \$ _____
Long Sleeve Youth Shirt ___ @ \$15.00 \$ _____
Casino Night Tickets ___ @ \$50.00 \$ _____
I Run For Sign ___ @ 25.00 each \$ _____
Sign Delivery \$10.00 \$ _____
Fill The Fridge Donation _____ \$ _____

TOTAL \$ _____



11th Annual 5K & 10K

Legacy a RUN & WALK

Cash Prizes
for winners!

REGISTRATION: \$35
RACE STARTS: 8:30AM

Saturday, October 6, 2018
Garden City, KS

More info & registration:
www.whodoyourunfor.org

Schedule of Events

- FRIDAY - October 5**
Heartland Cancer Center
Race Registration - 5:30-8:00 PM
- SATURDAY - October 6**
Heartland Cancer Center
Registration - 7:30 AM
5K and 10K Races Begin - 8:30 AM
Heartland Cancer Pancake Feed - 9:00 AM
Kids Fun Run - Following 5K and 10K races
- SATURDAY - October 6**
The Golf Club at Southwind
CASINO NIGHT - 7:00 PM

