

Renfro "Fall into Fitness"



5K Run/Walk and 1/2 mile family fun run

Date: Saturday, October 2, 2010

Packet pick-up and Race day registration:

Pre-Register: September 24, 2010

* 6:45 am – 7:45 am on October 2nd (Renfro Elementary School)

Entry Fees:

- \$15 5K pre-registration
- \$20 5K race day registration
- \$40 family fun run (4 members – each additional \$10)

Mail Form and Entry fee to:

Susan Morris – 311 Camelot Dr., Collinsville, IL 62234

Checks payable to: Renfro Elementary School

Entry fee includes T-shirt with pre-registration

For more information contact: Susan Morris at smorris@kahoks.org

Start Times:

- 8:00 am. 5K run/walk
- 9:00 am. Family fun run

Awards: All youth runners receive a ribbon. 5K awards for 1st male overall and 1st female overall and 1st, 2nd, and 3rd place male and female in each age category (14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over)

Proceeds benefit: Renfro 3rd and 4th grade girls participating in the Nationwide Girls on the Run Program

Name: _____ **Phone:** _____

Age (as of Oct. 2, 2010) _____

Circle Gender: Male Female

Circle Event: 5k run/walk Family Fun Run

Circle t-shirt size: Youth S / M / L Adult S / M / L / XL / XXL

Additional family members:

Name: _____ Age: _____ Shirt Size: _____

Name: _____ Age: _____ Shirt Size: _____

Name: _____ Age: _____ Shirt Size: _____

Waiver: I am in proper physical condition to run the "Renfro Run". I agree to assume all risks connected in running or walking this event.

Participant Signature: _____ **Date:** _____

(If participant is under 18, parents or legal guardian)