

May 10, 2014—6:00 p.m.



Pre-register by April 15, 2014 to guarantee tshirt. Late registration will begin at 6pm on May 10, 2014

LENDING A HAND

Just Glow With It

5K, 1 Mile Walk, Fun Run & Zumba

Van Buren, MO High School

Registration Form

Please mail or drop this form off with the registration fee at Sterling Bank in Van Buren, MO or

please mail to: PO BOX 734, Van Buren, MO 63965

You may also register online at www.split-secondtiming.com

**** One registration form per entrant, please ****

NAME _____

ADDRESS _____

CITY/ST/ZIP _____

PHONE _____ EMAIL _____



CIRCLE ONE: MALE OR FEMALE

DATE OF BIRTH _____

AGE RACE DAY _____

TEAM: ALL MALE ALL FEMALE COED

TEAM NAME: _____

SHIRT SIZE (CIRCLE ONE)

ADULTS: S M L XL XXL XXL

YOUTH: S M L

Events & Entry Fees

Please circle event(s) participating in

Zumba- \$20 (will begin approximately at 7:00 pm)

Fun Run- \$15 (Geared for ages 6-12) (apprx 8:00pm)

1 mile walk- \$15 (same time as Fun Run)

5k Run- \$30 for individual or \$25 each for a team with minimum of 4 (will begin apprx 9pm)

Release:



I should not enter or run in this event unless I am medically able and properly trained. I agree to abide by any decision of any race official relative to my ability to safely complete the gig off. I assume all risk associated with participating and volunteering in this event. Having read this wavier and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Lending a Hand Cancer Fund and the Lending A Hand Just Glow With it, The Van Buren R-1 School district, Split-Second timing, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the race and/or club activities even though liability may arise out of negligence or carelessness on the part of the person(s) named in this waiver. I grant permission to all the foregoing to use any photographs, motions pictures, recordings or any other record of this event for any legitimate purpose.

Participants Signature and/or Parent Guardian Signature (if under 18)

Date