



3rd ANNUAL COWAN LIONS CLUB



5K RUN/WALK

JULY 30, 2011

8:00 A.M.

PROCEEDS BENEFIT
CORINTH FOOD PANTRY.

I know that running/walking in a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in the Cowan Lions Club 5k, including but not limited to falls, contacts with other participants, the effects of the weather including high heat and/or humidity, low temperature, traffic and conditions of the road, all risks being known and appreciated by me.

X _____

(Waiver to be signed by legal guardian if participant is under the age of 18.)

(KEEP)

“WILL RUN FOR FOOD”

This years Annual Cowan Lions Club 5K run/walk is themed “WILL RUN FOR FOOD!” Proceeds will benefit our local Corinth food pantry.

Start and finish line will be located at the Cowan Lions Club on Malissa Street in Cowan.

Runners begin at 8:00 am, followed by walkers at 8:05.

This race is mostly flat with slight rolling hills. Strollers are welcome.

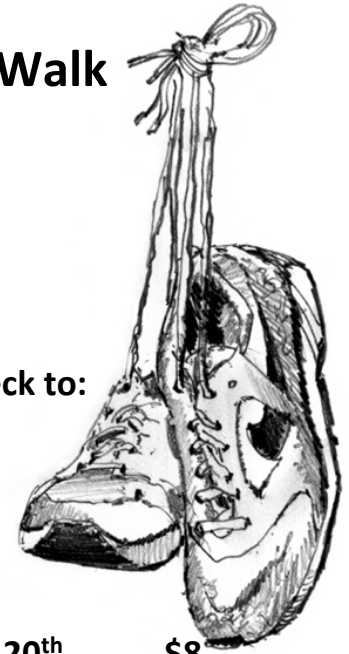
Award ceremony will directly follow completion of 5K walkers, at approximately 9:15 am.

Edible Prizes Awarded By Age

0-5	31-40
6-10	41-50
11-15	51-60
16-20	61-70
21-30	71-80

Race Coordinator: The Shirey family
meshirey@frontier.com
(765)774-4444

Cowan Lions Club 5K Run/Walk



Entry Form:

Send signed waiver, completed entry form, and check to:

Storehouse Ministries
8724 N 575 E
Mooreland, IN 47360

Pre-registered entries must be postmarked by: July 20 th	\$8
Day of race registration : 7:00 – 7:30 am	\$10
Family of 3+ flat fee	\$30

Last Name: _____ First _____
 Name: _____ MI: _____
 Address : _____
 City : _____ State: _____ Zip: _____
 Telephone Number () _____
 E-Mail: _____
 Age on Race Day: _____ Sex: _____ M _____ F
 Tidbit About Yourself: _____

Circle one: 5K Run 5K Walk