

# Life's Journey

Let the Spirit Be With You



## SAVE THE DATE!



## 2nd ANNUAL LITTLE HEROES 5K

walk  
run

Supporting little heroes of military and law enforcement

September 6th, 2014

8:00 A.M.



START: Southside of  
campus JQH at MSU  
AT BETHLEFEST VILLAGE

WITH  
THE  
LADY  
BEANS

Packet Pickup:  
Friday, September 5th

[WWW.LJOURNEY.ORG](http://WWW.LJOURNEY.ORG)

For more info email:  
[oneonone@ljourney.org](mailto:oneonone@ljourney.org)

### Awards!

Overall Male and Female  
Top 3 in each Age Division  
Age Divisions: 19 & under, 20-29,  
30-39, 40-49, 50-59, 60 & over

Sign up before September 5th:

Youth under 12: \$10  
Student & Military: \$20  
Adults: \$30

Cut and return bottom portion with payment to Life's Journey at 2627 W. Republic Rd., A-108 Springfield, MO 65807

Name of Runner \_\_\_\_\_

M / F

Phone \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

Cost to participate in 5K

\$ \_\_\_\_\_

Donation (optional)

Total Amount Paid (tax deductible)

\$ \_\_\_\_\_

Non Refundable entry fee. Run rain or shine.

Circle size of t-shirt:

Adult S M L XL XXL

Youth S M L

I understand running is a potentially hazardous activity. I should not enter and participate unless I am physically fit, mentally able and properly trained. I agree to abide by any decision of the race officials relative to my ability to safely complete the run. I certify I am in good health and properly trained to run the distance of this race. I assume all risks associated with running in this event, all risks being known and being appreciated by me. I understand my entry fee is non-refundable. Having read this waiver and knowing these facts, and considering your accepting my entry into this running event, I, for myself and my estate, heirs, survivors, descendants and anyone on whose behalf I may act (including all minor children and charges and their estates heirs and survivors), do hereby permanently and forever completely give up, surrender, waive, release and terminate any and all claims or liabilities of any kind, arising in tort, contract or otherwise, against each of the Life's Journey and their respective officials, directors, trustees, agents, volunteers, employees, sponsors, and affiliates arising from my participation in this event, including but not limited to claims arising out of past or future negligence or carelessness on their part. I hereby consent to the use of image in photographs, videos and other recordings for promotional purposes. I understand that my name and image may be used in promotional materials.