



# Focus On Your Health



*Sponsored by*  
**Missouri Vein Care**

Top Individuals in each division (Run & Walk) will receive a medal.

Divisions are as follows:

Male and Female: 19 and under, 20-29, 30-39, 40-49, 50 & Up

## Saturday, April 9th – 5K Walk / Run 8:00am

### North Jefferson Recreation Outdoor Pavilion

(927 Fourth Street, Jefferson City, MO 65101)

**Entry Fees: FREE (Purchase of shirt is additional)**

**Early Packet Pick Up: Friday 8am–4pm at Missouri Vein Care**

**Race Day Registration/Packet Pick Up: 7:00am @ North Pavilion**

**T-Shirts: \$15, t-shirts are guaranteed if registered by March 26, 2016**

You may also register online at : <https://runsignup.com/Race/MO/JeffersonCity/MissouriVeinCare5K>

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Circle: **MALE / FEMALE**      **Shirt Size (Adult): S M L XL XXL**

\*\* Registrations may be mailed to: ATTN: MVC 5K, 1620 Southridge Drive, Jefferson City, MO 65109  
(Checks for t-shirts may be made payable to MVC 5K)

Circle: **5K Walk**      **5K Run**      **Age on race day:** \_\_\_\_\_

Release: In the consideration of the acceptance of my entry, I, for myself, my administrators, executors and assignees, do hereby release and discharge all sponsors for all claims of damages, demands and actions, whatsoever arising or growing out of my participation in said athletic event. I attest and verify that I have full knowledge of the risk involved in this event, and am physically fit and trained for this event.

Signature of Entrant: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature (18 & Under): \_\_\_\_\_ Date: \_\_\_\_\_