



# 5K-10K Run/Walk

Saturday, September 7, 2019  
 9AM (CDT)  
 901 Hudson Street, Columbia, KY  
 (Jim Blair Community Center)  
**Registration begins at 8AM (CDT)**

**For more information:**

email: coleschmidt99@gmail.com

Phone: 270-250-4054

Web: <http://run-for-veterans.blogspot.com/>

## - Event Information -

Entry fees: \$25

Shirts: Every preregistered participant will receive a shirt.

Reminder: (no shirt guaranteed after August 31th).

Race is on a paved road.

Additional Information: Walkers will be limited to the 5K race. Rain or shine; no refunds.

### Awards Given

Top 3 Male and Female for 5K  
 Top 3 Male and Female for 10K

### MAIL ENTRIES TO :

75 Maple Tree Street  
 COLUMBIA, KY 42728



NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

Email Address \_\_\_\_\_ RUN \_\_\_\_\_ WALK \_\_\_\_\_

We will have men's, women's and youth t-shirts so mark the appropriate size below:

Adult Men's: \_\_\_SM \_\_\_M \_\_\_L \_\_\_XL Women's: \_\_\_SM \_\_\_M \_\_\_L \_\_\_XL

Youth: \_\_\_SM \_\_\_M \_\_\_L

**WAIVER:** I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event.

Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release The Mustard Seed, and all sponsors, their representatives and successors, for all claims or liabilities of any kind arising out of my participation in this event. Signature \_\_\_\_\_