



Rockin' Wellness Walk/Run

Sponsored by Citizens for Health and Wellness



Saturday, May 3, 2014

The 5K/10K competitive run will begin at 8:00 am on an asphalt surface with gentle rolls starting at the Versailles High School, going north on Highway 5 before turning south and winding through the city of Versailles and returning to the school (route closed). The 2-mile casual walk will begin at 8:15 am on a scenic path through the high school's outdoor classroom. The ½ Mile Kids Fun Run will be on the high school track beginning at 9:30 am. NO roller blades or wheeled shoes, please. Parking, changing rooms, and restrooms are available at the Versailles High School.

AWARDS: An overall award will be presented to the first male and female finisher in 5K/10K run. A medal will be given to first place in each age division in the 5K/10K run as well as in the ½ Mile Fun Run. *Award winners must be present to receive their award.*

Age divisions for Male and Female are:

5K/10K Run 14 years and younger, 15-19 years, 20 to 29 years, 30 to 39 years, 40 to 49 years, 50 to 59 years, and 60 years and older.

1/2 M Kids Fun Run 10 years and younger

REGISTRATION: Must register by April 15th to receive a 2014 T-shirt. *Any pre-registered participants not walking or running on race day must make arrangements by May 5, 2014 to pick up their shirts or forfeit them.* All registrations not received by April 15th are not guaranteed a 2014 T-shirt. Entry fee is \$10 for ½ Mile Fun Run, \$25 for other events. **Late entry fee (received after April 15th) is \$30 for all events.** All proceeds support Citizens for Health and Wellness WHIP program to provide vouchers for primary care or vouchers for Morgan County Health Center's Chronic Disease Management program.

PACKET PICK-UP: 7:00 am to 7:50 am on race day at the Versailles High School Commons for 5K/10K and 2-Mile Walk.

FOR INFORMATION: Call Donna Chapman 573-569-2160.

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(Cut on the dotted line. Please return registration form only. Keep above information for reference.)

REGISTRATION FORM

Participants must read the following agreement and sign before submitting registration:

"In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release and agree to not sue for any and all claims for damages, actions, and causes of actions against the Rockin' Wellness Event, Citizens for Health and Wellness, Morgan County R-2 Schools, the City of Versailles, Missouri, their affiliates, subsidiaries, officials, representatives, employees, successors, and assigns for any and all injuries suffered by me, including possible short-term and long-term effects, disability, and including death in this event. These risks can come from causes which are many and varied, may not even be presently foreseeable, and may include negligent acts or omissions of others. I attest and verify that I am physically fit and have sufficiently trained for the completions of this run/walk. I assume and accept, and waive all claims and liability for, all risk of bodily injury including death, which may arise out of my participation in this activity, which I may suffer as a result of my participation in this activity, including but not limited to claims arising out of the negligent acts or omissions of others. Further, I hereby grant full permission for the free use of my name and/or photographs, videotapes, motion pictures, recordings, or any other record of this event for legitimate purpose. I understand and agree that this Agreement is to be a broad and inclusive as is permitted by the laws of the State of Missouri, and that if any portion of this Agreement is held invalid, the remaining terms shall continue in full force and effect. This agreement shall be binding upon me, as well as my successors, personal representatives, heirs and assigns."

I have read the entry information and certify my compliance by my signature below. I also understand the entry fees I pay are non-refundable.

If an applicant is younger than 18 years of age, the form must be co-signed by a parent or guardian.

Signature: _____ Signature: _____
Applicant Parent/Guardian

Send a separate registration form for each runner. Forms may be copied, but must be complete in content.

Mail forms to: CFHW PO Box 212 Versailles, MO 65084

Entry Fee: \$25 2M casual walk, 5K/10K competitive run. \$10 ½ Mile Kids Fun Run Late fee after April 15th is \$30 for all events.

Make check or money order payable to: Citizens for Health and Wellness (CFHW)

Name: _____ Date of Birth: _____

Address: _____ Age on May 3, 2014: _____

City: _____ State: _____ Zip: _____ Phone Number: _____

email address: _____ Male Female
(not given to other entities) (Circle one)

Adult Shirt Size: Small Medium Large X Large XX Large Youth Shirt Size: Small Medium Large
(Circle one) (Circle one)

Event: ½ Mile Kids Fun Run 2-Mile Casual Walk 5K Competitive Run 10K Competitive Run
(Circle one)

Method of Payment: Cash \$ _____ Check # _____ Amount \$ _____ Date Received _____ Race # _____

Forms available at: www.facebook.com/pages/Citizens-for-Health-Wellness/154371327934354?fref=ts