



2024 Run For the Horses

5K/10K or Virtual Run

Saturday, June 15, 2024

Linn Creek City Park, 102 West Valley Dr., Linn Creek, MO 65052

Registration opens at 6:30 AM, Start Time 7:30 AM

\$25 pre-registration, \$30 registration day of race, Children under 12: \$10. A 5/10K Virtual Race \$35 (A virtual race is a race that can be run or walked from any location you choose. You can run, jog, or walk on the road, on the trail, on the treadmill, at the gym or on the track). You run your own race, at your own pace, and time it yourself. Email your time to cheryllmcg@gmail.com and your T-Shirt will be shipped directly to you. For information call Cheryll McGuire 281-468-3508.

All proceeds benefit the Missouri Forget-Me-Not Horse Rescue in Linn Creek.

Optional Online Registration: Pay with credit card or PayPal at missouriforgetmenot.org/events.

Medals for top 3 finishers in each category at Saturday race. Pre-register by June 1st to guarantee T-shirt availability.

Registration Form

To register by mail, return registration form (one for each participant) and entry fee payable to **MFMN** before **June 8th** to:

Cheryll McGuire, 1109 Maritime Lane, Roach, MO 65787

Name: _____ Gender (M/F)

Age on race day: _____ Shirt Size: S M L XL No shirt

Choose: 5K Run, 10K Run, 5K Virtual Race, 10K Virtual Race

Street Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Entry fee: \$25 before June 15th, \$30 day of race; Children under 12: \$10; \$35 Virtual Race

WAIVER AND RELEASE

In consideration of my participation in the "MFMN Run For The Horses," I do hereby agree to hold free from any and all liability the Missouri Forget-Me-Not Horse Rescue & Sanctuary and its respective officers, employees, volunteers and members; the City of Linn Creek and its employees; event volunteers, sponsors and anyone acting for or on their behalf; and I do hereby for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims for damages which I have or which may hereafter accrue to me arising out of or connected with my participation in the "MFMN Run For The Horses." I do further declare myself to be physically sound and suffering from no condition or illness that would prevent my participation in the "MFMN Run For The Horses." I acknowledge that I have either had a physical examination and have been given my physician's permission to participate, or that I have decided to participate in this event without the approval of my physician.

Signature of participant (or parent/guardian if participant is under 18)

_____ Date: _____