

5th Annual 5k Run-Walk

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**Proceeds benefit
King School
Students
4th grade camp**

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Run with the Knights
P. O. Box 6066
Van Buren, AR 72956



5th Annual 5k Run-Walk



**King School
400 North 19th St.
Van Buren, AR
April 10, 2010
8:30 a.m.**

5th Annual 5k Run-Walk

Day/Date Saturday, April 10, 2010
 Starting time Race begins at 8:30 a.m.
 Day of race registration 6:30-7:30 a.m.

RACE PACKETS AVAILABLE:

Friday, April 10th 12:00-4:30 p.m.
 Day of Race 6:30-8:00 a.m.

Start/Finish King School Elementary
 400 North 19th Street
 Van Buren, AR

The course will take you through
 Historic Downtown Van Buren.

Awards

Age divisions — male and female		
8 and under	20-29	60-69
9-11	30-39	70-79
12-14	40-49	80+
15-19	50-59	

First 300 entrants in the 5K walk/run will receive a T-shirt. Best overall female and male, awards three-deep in each age group. Trophies and t-shirts will be held for 30 days.

Fun Run will take place prior to awards ceremony. Ceremony to follow soon after last participant crosses the finish line.

Parking available at Blakemore Field.

For more information see our website
vbsd.us/king

For directions call (479) 474-2661.



Run with the Knights 5K Entry Form

King School — April 10, 2010 — 8:30 a.m. — 400 North 19th St. — Van Buren, Arkansas

Name _____
 Last: _____ First: _____

Date of Birth: _____ Sex: M F Age on 4/4/2009: _____

Address: _____ Telephone: _____

City, State, Zip: _____ E-mail: _____

Shirt Size:

Adult - S M L XL
 Youth - S M L

Release:

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in this race unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Run with the Knights 5K, the city of Van Buren, ArkansasRunner.Com, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in the race and/or club activities even though liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

Signature: _____ Date: _____

Parent Signature if under 18 years: _____ Date: _____

Make checks payable to Run with the Knights 5K and mail to:

Run with the Knights
 P. O. Box 6066
 Van Buren, AR 72956

Fees:

\$15 pre-registered by March 30, \$20 after and day of race
 \$10 students (18 and under)
 Fun Run — Free of charge (8 and under)

No dogs allowed

For information, call (479) 806-7440 or (479) 883-2949.

