

# 14th Annual 5K

## Run-Walk

Day/Date.....Saturday, February 23, 2019  
 Starting Time.....Race begins at 8:30 a.m.  
 Day of race registration.....6:30-8:00 a.m.

### RACE PACKETS AVAILABLE:

Friday, February 22...12:00-4:00 p.m.  
 Day of Race.....6:30-8:00 a.m.

Start/Finish.....King Elementary School  
 411 North 20<sup>th</sup> Street  
 Van Buren, AR

The USATF certified course will take you through  
 Historic Downtown Van Buren

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

### Awards

First 200 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 the last participant crosses the finish line.

Parking available at Blakemore Field.

For more information see our website  
<http://www.vbsd.us/schools/king-elementary-school>  
 For directions call (479) 474-2661



# Run with the Knights 5K Entry Form

King Elementary—February 23, 2019—411 N 20<sup>th</sup> St.—Van Buren, Arkansas

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Last Name:	First Name:
Date of Birth:	Sex: M F
Age on 2/23/19	
Address:	Phone:
City, State, Zip:	E-mail:
Shirt Size:	
Adult: S M L XL	Youth: YS YM YL

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Release:  
 I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run 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 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 you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Run with the Knights, the city of Van Buren, Arkansas, 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 forgoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

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Signature:	Date:
Parent Signature if under 18 years:	Date:

Print forms at <http://www.vbsd.us/schools/king-elementary-school>

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

Run with the Knights  
 411 North 20<sup>th</sup>  
 Van Buren, AR 72956

OR Sign up online at <https://runsignup.com/Race/AR/VanBuren/RunwiththeKnights>

Race will be chip timed by JAYMAX Race Timing Services

Fees:

\$20 pre-registered by February 15th, 2019, \$25 after and the day of the race

\$10 students (18 and under)

Fun Run (8 and under) FREE but no t-shirt

**NO DOGS ALLOWED**

For more information contact Karen Wallace at (479) 208-1948 [karen.wallace@vbsd.us](mailto:karen.wallace@vbsd.us)