



# Freeman Family 5K Run/Walk 1-Mile Fun Run

**Saturday, April 9<sup>th</sup>, 2011 at Joplin Family Y South**

All Freeman, Crothall, and Ozark Center employees are invited to participate in our first 5K. Invite your family and friends to participate with you. Run or walk either route. The 5K begins and ends at the Joplin Family Y South. The 1-Mile Fun Run begins and ends at Freeman West Tower entrance.

**Packet Pick up:**

Friday April 8<sup>th</sup> 3-5:30pm Joplin Family Y South  
Saturday April 9<sup>th</sup> starting at 7am

**Race Day Schedule:**

7:00-7:40am Packet Pick Up  
8:00am 5K Run/Walk  
8:10am 1-Mile Fun Run

**Entry Fees:**

\$10\*\* (includes free t-shirt if registered by March 7<sup>th</sup>)  
1-Mile Fun Run is free (Children receive a participant medal)  
Children must be accompanied by an adult  
Cash or check only

**5K Awards:**

Under 15      Race will be timed and awards given  
15-19      to the top overall Male/Female, plus  
20-29      first, second and third place in each  
30-39      category.  
40-49  
50-59  
60+

**Location:**

Joplin Family Y South

\*\*Registration should be mailed or hand delivered to Kris Drake at OccuMed 3201 McClelland Blvd. Joplin MO 64804 or can be placed in the Employee Health Boxes located at the Business Center ground floor by Kronos, East Campus 2<sup>nd</sup> floor by volunteer desk, West Campus Heart Institute main entrance, David Ball Building Sports Med entrance, or West Cafeteria/Atrium entrance. Please do not send through courier.

\_\_\_\_\_  
Last Name                      First Name  
\_\_\_\_\_  
Address  
\_\_\_\_\_  
City                      State      Zip Code  
\_\_\_\_\_  
Phone                      Email  
\_\_\_\_\_  
Date of Birth              Age      Sex: M / F

T-Shirt Size (Register by March 7<sup>th</sup> to guarantee a shirt)  
 S     M     L     XL     XXL     XXXL  
  
 5K             1 Mile Fun Run

Make Checks Payable to Freeman Health System

A portion of the proceeds go to the Joplin Scholarship Fund to fight childhood hunger in Joplin.

In consideration of your accepting this entry form, I, the undersigned, intending to be legally bound for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against Freeman Health System, the officials and sponsors of the Freeman Family 5K Run/Walk and 1 Mile Fun Run/Walk, whether caused by my negligence or that of Freeman Health System or the officials, sponsors or volunteers working such Run. I acknowledge that I am aware of the inherent risks of participation in an athletic event of this type. I assume all risk of injury, whether or not caused by negligence, and release any claim I may have for any injury that I may sustain. I irrevocable grant full permission to Freeman Health System to use photographs, videotapes, motion pictures and/or recordings of me, or any other record of this event for any legitimate purpose

\_\_\_\_\_  
SIGNATURE  
(IF UNDER 18, YOU MUST HAVE PARENT OR GUARDIAN SIGN)

\_\_\_\_\_  
DATE

A REGISTRATION FORM IS REQUIRED FOR EACH PARTICIPANT