

Inaugural Run for "RED"ness



**American
Red Cross**

Greater Ozarks Chapter

**5K Run/Walk
One Mile Family Fun Walk
Benefitting Disaster Relief**

June 12, 2010

8:00 a.m.



COXHEALTH

CoxHealth Fitness Center at Cox North. Parking available at corner of Lynn and Jefferson.

Attend Free Pre-Race Seminar - April 10, 2010 from 9 a.m. till 11 a.m. at the Cox North Fitness Center. Presented by Cox Fitness Centers certified run coach. Focus on training for 5K, training schedules and aspects of running to enhance your run experience. Run this new and fast course!!

Certified Course

Entry fee: \$20 if pre-registered by June 11 or postmarked by Saturday, June 5

- Register:**
- 1) Online at Active.com
 - 2) American Red Cross,
1545 N. West Bypass, Springfield, MO 65803
 - 3) Ridge Runner Sports,
3057 S. Fremont Ave, Springfield
 - 4) All CoxHealth Fitness Center locations

Packet Pick-Up: Friday, June 11, between 12 Noon and 6 p.m. at Ridge Runner Sports

Race Day Registration: \$25 (T-shirts available only as supplies last)
6:30 a.m. till 7:30 a.m. at Cox North Fitness Center Parking Lot

Awards: Overall Male and Female - **3 Month Membership to Cox Fitness Center (\$150 value)**
Masters Overall Male and Female - **Weather Radios (\$75 value)**
Top three in each age group - One of the Following: **Weather Radio, First Aid Kit or Gift Certificate**

Post Race: Food and Refreshments, Awards Presentation and Prize Drawings, plus "Pluggy," the Fire Safety Robot, will be on hand to entertain the kids.

For more information or to sponsor this event contact: **Joann Moore, 417-832-9500, ext 107 or moorej@redcross-ozarks.org**

Complete the form, attach payment, and return to **1545 N. West Bypass, Springfield, MO 65803. Registration must be postmarked by 6/05.**

NAME _____ **AGE** _____
ADDRESS _____ **CITY** _____ **STATE** _____
ZIP _____ **TELEPHONE** _____ **SEX: M** _____ **F** _____
Email Address _____

Shirt size (please circle) Adult S M L XL 2XL 3XL Youth: S(6-8) M(10-12) L (14-16)

T-shirt size guaranteed if registered and paid by May 25, 2010

Remit to: American Red Cross Check # _____ Cash (drop off only) _____
Discover Mastercard Visa Card# _____ Exp. _____ 3 Digit Code _____

I assume full responsibility for running in traffic on the course during this event, as well as any and all risks associated with competing in this event, including falls, body contact, road conditions and weather.

In consideration of these facts, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and waive, release, and discharge the American Red Cross, CoxHealth, Ozark Racing Systems and any or all sponsors and their agents from any and all claims for death or personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event.

SIGNATURE _____ **DATE** _____

PARENT SIGNATURE (IF UNDER 18) _____