



Official Entry Form

Saturday, October 31, 2009

Western Kentucky University

Please return this entry form to your teacher by September 28, 2009
(Please Print)

Last Name _____		First Name _____		MI _____
Address _____				
City _____		State _____	Zip Code _____	
Grade _____	School _____	Teacher's Last Name _____		
T-Shirt Size	Y Lg _____	Adult Sm _____	Adult Med _____	Adult Lg _____

I hereby waive all claims for myself, my heirs and executors against The Medical Center 10K Classic, its sponsors, agents and employees for any claims and liabilities which may result from my participation. I assume all risks associated with participating in the Children's Classic including, but not limited to, falls, contact with other participants, the effects of the weather and the conditions of the road, all such risks being known and appreciated to me. I further state that I am physically able to complete my registered event. I also grant full permission to use any photographs, video recordings or any other record of this event. I also understand that the Children's Classic will take place rain or shine.

Participant's Signature _____

Parent or Guardian Signature _____

The Medical Center 10K Children's Classic PARTICIPANT INFORMATION

The return of the Children's Classic comes with a few changes. Instead of running separate races per grade level this year, 90% of the race will be done prior to the day of the race while your child is training for the big day. The children will keep a training log (calendar) which they will bring the day of the race. Each participant will complete 5 ½ miles of the race during their training the first few weeks of October. The completed log will be stamped the day of the race.

There will be two races, one at 10:00 a.m. for Kindergarten through 3rd Grade and then one at 10:15 a.m. for Grades 4-6th. Participants will meet in front of the new parking structure on Avenue of Champions. From there, each group will walk up and run the same finish as the 10K runners. It should be an exciting experience watching the children coming in among the others. (Parking will be available in either parking structure or Egypt Parking Lot on the corner of University Blvd. and Russellville Rd.)

The purpose of the Children's Classic is to promote a healthier lifestyle, so there are no winners or losers. Every participant is a winner since they are working toward the goal of a healthier "you." Each participant will receive a free t-shirt and beverage at the end of the race. Since the day of the race is Halloween, participants may wear costumes.

All entry forms must be filled out and signed by a parent or guardian. An incomplete or unsigned form will not be accepted. **Registration forms are to be returned to your child's school/teacher by September 28, 2009.** They are to **bring their completed calendar logs the day of the race.** During the week of October prior to the race, race numbers will be delivered to your child's school/teacher.

"Mark Your Mileage" ran each day on the calendar below as you race toward your goal of 5 ½ miles.

OCTOBER						
SUN	MON	TUE	WED	THUR	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Name: _____