Healthy Woman
wellness challenge

5K Run/Walk
Saturday, May 22nd 2010
Lincoln Parish Park
Open to MEN and WOMEN!
Train Hard. Live Well.

7:00 a.m. Packet Pick-up and Late Registration
8:00 a.m. 5K Run/Walk

Registration Fee is $25 and includes race T-shirt, snacks, refreshments, gift bag, and door prizes. Make checks payable to: Northern LA Medical Center.

Send entry form and fee to:

Healthy Woman Wellness Challenge 5K
Northern LA Medical Center Attn: Audrey Buskirk
401 East Vaughn Avenue
Ruston, LA 71270

For more information, email us at wellness@seasonswc.com, audrey_buskirk@CHS.net, or visit www.seasonswc.com/events. No refunds will be given. All proceeds benefit health and wellness education in north Louisiana.

Name_____

Address_____

City, State, Zip_____

Phone_____

Email_____

Sex: Male Female DOB:_____

Age on Race Day_____ T-Shirt Size: S M L XL XXL

I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running this race 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 acceptance of my entry for racing, I, for myself and for anyone entitled to act on my behalf waive and release the Healthy Wellness Challenge, it's volunteers and all our sponsors, their representatives and successors from all claims or liabilities of any kind arising our of my participation in this activities, even though the liability may arise out of negligences or carelessness on the part of the persons named in this waiver.

_____ _____
Signature Date

_____ _____
Signature of parent/guardian if under 18 years of age Date