

Registration form (Please Print)

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____ Age _____ Sex _____

(As of race day)

Please Check One:

5k Run 5k Walk Kids Fun Run

Adult T-Shirt (Circle one) **S M L XL XXL**

Child T-Shirt (Circle one) **S M L**

Make Checks Payable To Community Medical Care

Mail Registration and Payment to:

Extreme Fitness For Women

135 Myrtle St. Glasgow, KY 42141

WAIVER MUST BE READ AND SIGNED WITH ENTRY

Upon acceptance of my entry, I, for myself, my heirs, executors and assigns, do hereby release the officials and volunteers of the Extreme Fitness Run for Health and any and all sponsors, their representatives and successors and any individual or group associated with this event from all claims or liabilities of any kind arising out of my participation in this event even though that event may arise out of negligence or carelessness on the part of the person named in this waiver. I grant permission to all the forgoing to use any photographs, motion pictures, recordings, verbal or written statements or any other record of this event for any legitimate purpose without limitation or further compensation. I know that running and participating in this event is potentially hazardous. I should not enter and run this event unless I am medically able and properly trained. I agree to abide by any decision of an official relative to my ability to safely complete this event. I assume all risk associated with running and training for this event including, but not limited to falls, contact with other participants, the effects of the weather, including the conditions of the roads and traffic on the course, all such risks being known and

Signature/Date _____ (or a parent if participant is under 18 years of age)

EVENT INFORMATION

ENTRY FEES ARE NON-REFUNDABLE.

We will run and walk, rain or shine.

	Online Reg.	Pre-Reg.	Race Day
5k run walk:	\$18.00	\$15.00	\$17.00
Kids Fun Run:	\$13.00	\$10.00	\$12.00

*Online registration ends at midnight on Oct. 17th

- ◆ Pre-registration is at Extreme Fitness for Women or online at www.extremeky.com.
- ◆ Race Day registration begins at 6:30am at Barren River Plaza. Race starts at 8:00am
- ◆ Early packet pick up is on Friday, October 19th, from 5:00pm to 8:00pm at Barren River Plaza.
- ◆ Kids Fun Run is HALF A MILE.
- ◆ Pets welcome - must be leashed.

Age Divisions:

14 & under	35-39	60-64
15-19	40-44	65-69
20-24	45-49	70+
25-29	50-54	Masters &
30-34	55-59	Grand Masters
		Male/Female

T-Shirts:

All pre-registered race participants will receive a Run for Health long sleeved t-shirt. To be guaranteed a shirt, you must register no later than October 11th. Extra shirts will be available on a first come, first served basis.

Additional Info:

- ◆ Course will consist of gently rolling hills.
- ◆ Walkers will be monitored.
- ◆ There will be water stations halfway through the race.
- ◆ Refreshments and entertainment will be at the end of the race.

For more information call Extreme Fitness at (270) 651-3036, David Frazier at (270) 590-1901, or Cathy Botts at (270) 646-7935.

2nd Annual EXTREME FITNESS Run For Health

ALL PROCEEDS GO TO COMMUNITY MEDICAL CARE



October 20, 2012 at 8:00am Start and finish at Barren River Plaza N L Rogers Wells Blvd Glasgow, KY

NEW THIS YEAR Kids Fun Run



5K Run/Walk

Extreme Fitness

Is hosting the
2nd Annual Run for Health.
The money that is raised will benefit
Community Medical Care.

In today's economy, not everyone
can afford health insurance.
Community Medical Care helps
provide affordable medical care for
working families and senior citizens.

With your help, The Extreme Fitness
Run for Health will raise much-
needed funds to help Community
Medical Care better serve our
community.

All proceeds go to
Community Medical Care, Inc.

For more information on
Community Medical Care visit:
www.communitymedicalcare.org



Race Awards

- ◆ Trophies will be given out for 1st, 2nd, and 3rd place runners in each age division.
- ◆ Trophies will be given out to Masters (40-49) & Grand Masters (50+).
- ◆ \$100.00 cash award and trophy for overall Male/Female, runners and walkers.
- ◆ Trophies will be given out to the top 5 male and female walkers.
- ◆ Race photos will be available for purchase. To order online, go to Hedgespeth Photography at:
www.photorelect.com/pr3/store.aspx?p=39075

**Kids 1/2 Mile
FUN RUN
Starts @ 9:30am**

**Blow-ups for the kids
Music, food and fun!**

Win cash, Ipods, and other cool door prizes!



"I would like to say that the 5k in October had a great atmosphere and the awards and door prizes were great. I will return to this race."

-Michelle Scott, 2011 Overall Female Winner