

Registration form (Please Print)

Name:

Address:

City/State/Zip:

Phone: Age Sex

Email: (As of race day)

Please Check One: and if first time

5k Run 5k Walk First 5k?

1 Mile Fun Walk

Adult T-Shirt S M L XL XXL XXXL

Child T-Shirt (Circle one) S M L

REGISTER ONLINE: www.extremeky.com

Or 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 understood by me.

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: \$17.50 \$18.00 \$20.00

*Online registration ends at 11:59AM, September 20

- ◆ 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, September 20, from 4:00pm to 7:00pm at Barren River Plaza.
- ◆ Pets welcome - must be leashed.

Age Divisions:

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

T-Shirts:

All pre-registered race participants will receive a Run for Health t-shirt. To be guaranteed a shirt, you must register no later than Wednesday, September 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 go to: www.extremeky.com
Or call Extreme Fitness at (270) 651-3036 or Cathy Botts at (270) 646-7935



9TH ANNUAL 5K RUN/WALK • SEPTEMBER 21, 2019
BENEFITING COMMUNITY MEDICAL CARE

5k Run/Walk

September 21, 2019
at 8:00am
START AND FINISH AT
Barren River Plaza
N L Rogers Wells Blvd
Glasgow, KY

1 Mile Fun Walk

for all ages



Extreme Fitness

Is hosting the
9th 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

Starts @ 8:00am

Win Cash,



& other prizes!

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.
- ◆ 5k walkers and runners participating in their first 5k will receive a medal.
- ◆ 1 mile fun walk prizes will be awarded to top finishers.
- ◆ Each participant will receive a free 7 day pass to Extreme Fitness & HealthClub.
- ◆ ALL participants are eligible for a chance at the \$1000 Grand Door Prize
(must be present at drawing time to win)

OVER \$3000 IN CASH & PRIZES

