

Registration form (Please Print)

Name:

Address:

City/State/Zip:

Phone: Age Sex

Please Check One: (As of race day)

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**

REGISTER ONLINE: www.extremeky.com

Or Mail Registration and Payment to:
Extreme Fitness For Women
135 Myrtle St. Glasgow, KY 42141
Make Checks Payable To Community Medical Care

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.

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:	\$15.00	\$17.00	\$20.00
Kid's Fun Run:	\$10.00	\$12.00	\$15.00

*Online registration ends at 11:59PM, Oct. 23rd.

- ◆ 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 8:15am
- ◆ Early packet pick-up is on Friday, October 23rd, from 5:00pm to 7:00pm 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 Wednesday, October 14th.

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

Extreme Fitness



Run For Health
Benefiting Community Medical Care

5K Run/Walk

October 24, 2015
at 8:15am
START AND FINISH AT
Barren River Plaza
N L Rogers Wells Blvd
Glasgow, KY

Kids Fun Run



Extreme Fitness

Is hosting the

5th 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

Kids 1/2 Mile FUN RUN 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.
- ◆ Race photos will be available for purchase. To order online, go to Hedgespeth Photography at:
www.photorelect.com/pr3/store.aspx?p=39075

Blow-ups for the kids



Music, food and fun!

