

## Registration form (Please Print)

Name:

Address:

City/State/Zip:

Phone:

Age

Sex

Email:

(As of race day)

Text extreme5k to 270-477-2189  
to register by phone

Adult T-Shirt  S  M  L  XL  XXL  XXXL

Child T-Shirt (Circle one)

S  M  L

REGISTER ONLINE: [www.extremeky.com](http://www.extremeky.com)

### Mail or Drop Off

Registration and Payment to:

Extreme Fitness For Women

135 Myrtle St. Glasgow, KY 42141

This is a virtual race. You can run or walk in any location of your choice, at anytime from 8:00am—12:00am (midnight) on Saturday September 18, 2021. Post your picture to Facebook wearing your race bib number. Use the hashtag #Extreme5k in your photo description to be entered into the live drawing for a chance at \$1000.00 grand prize or 1 of 5 \$100.00 cash prizes.

### EVENT INFORMATION

ENTRY FEES ARE NON-REFUNDABLE.

We will run and walk, rain or shine.

	<u>Online Reg.</u>	<u>Drop Off Reg.</u>
5k Run/Walk:	\$20.00	\$20.00
1 Mille Walk	\$20.00	\$20.00

\*Online registration ends at 11:59AM, September 17

- ◆ Pre-registration is at Extreme Fitness for Women or online at [www.extremeky.com](http://www.extremeky.com)
- ◆ Packets can be mailed (if registered prior to 9/11/21), or picked up at our Covid-19 safe pickup on 9/17/21 at the Extreme Fitness Parking Lot from 2:00pm-6:00pm

Prize money will be drawn live on Extreme Fitness for Women Facebook on 9/23/20 at 2:00pm

If you register for the event, post a picture and tag #Extreme5k or send us a picture with your runner/walker Bib Number on and you will be entered into the drawings for 1 of 5 \$100.00 cash prizes or the Grand Prize of \$1000.00

#### 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 Saturday, September 11th  
Extra shirts will be available on a first come, first served basis.

#### Additional Info:

- ◆ Course will consist of whatever location you decide.
- ◆ Register your time online
- ◆ Post a picture or send us a picture with your race bib on.
- ◆ More information on the website

For more information go to: [www.extremeky.com](http://www.extremeky.com)  
Or call Extreme Fitness at (270) 651-3036 or Tina Combs (270) 659-0229



5K Run/Walk

VIRTUAL  
RUN/WALK  
September 18, 2021  
ALL DAY  
\$1500 Cash Prizes  
START AND FINISH  
ANYWHERE YOU WANT



EXTREME  
HEALTH CLUB

# Extreme Fitness

Is hosting the  
11th 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](http://www.communitymedicalcare.org)

8:00am - Midnight  
Anytime, Anywhere

Win Cash,



& other prizes!

# Race Rules

- ♦ Walk or Run your 5k or 1 mile, anywhere, anytime during the hours of 8am and Midnight on September 18, 2021.
- ♦ Take a selfie wearing your Extreme Fitness walker/runner bib number
- ♦ Upload the photo to Facebook using the hashtag #extreme5k
- ♦ Follow the first 3 steps and you will be entered into the drawing for \$1000.00 cash, or 1 of 5 \$100.00 cash prizes.
- ♦ Drawing will be held on live on Extreme Fitness for Women's Facebook September 23, 2021 at 2:00pm CST

**VIRTUAL RACE**

**RUN/WALK**

**ANYTIME**

**ANYWHERE**

# \$1500 IN CASH PRIZES

