

LIVESTRONG™

LANCE ARMSTRONG FOUNDATION

Benefit 5K Run/Walk

March 20, 2010

- **WHEN:** 8 a.m. Rain, snow, or shine. Race day registration and packet pick-up begins at 7 a.m.
- **WHERE:** Ridge Runner Sports; 3057 S. Fremont, Springfield, MO
- **WHAT:** 5K run and walk, new single loop residential course starting and finishing at Ridge Runner Sports
- **WHY:** To benefit the fundraising efforts of Chris Yates for the 2010 LIVESTRONG Challenge, the signature fundraising event of the Lance Armstrong Foundation. All profits from the race will go directly to the Lance Armstrong Foundation.
- **WHO:** Contact Chris Yates for any more information or with any questions at (417) 840-9190 or e-mail at cryates01@yahoo.com
- **COST:** \$15 pre-registration; \$20 week of the race
- **AWARDS:** Given to overall male & female and overall masters male & female. Top 3 in each 10-year age group.
- Drop off or mail entries to: Ridge Runner Sports; 3057 S. Fremont Ave, Springfield, MO 65804
- All participants will receive LIVESTRONG wristbands, yellow tees, and other giveaways and info from the LAF
- Make checks payable to LAF Events
- Make sure to **WEARYELLOW!**

ENTRY FORM

NAME: _____ **AGE ON RACE DAY:** _____ **GENDER:** _____

ADDRESS: _____ **CITY/STATE/ZIP:** _____

PHONE: _____ **E-MAIL:** _____ **SHIRT SIZE:** _____

Waiver: I, hereby for myself and my heirs, waive any and all rights for claims on this event in case of injury. I also release and hold harmless any sponsors, including Ridge Runner Sports, Inc. and Ozark Racing Systems, volunteers, and organizers of this event. I, by signing below, specify that I am in acceptable shape and medical condition to compete in this event.

SIGNATURE (or guardian if under 18): _____