

5K Fun Run/Walk

Grand Olde West Days

Race organized by:

Holistic Health & Fitness 824-4700



(970)824-4700

karriebooth@yahoo.com

**Memorial Day
May 31, 2010**

8am

**Race Day Registration @ 7am
Kinder Professional Bldg
6th & Russell**

Race Sponsors:

Grande Olde West Days

(970)824-2151

*kskcreations1@qwestoffice.net

Race Information

About the Course

- Hilly, through residential area
- 5K, 3mi run or walk

Awards

- Top Male & Female Overall
- Top in Age Group
- Fun Awards

Registration Information

Register by mail, in person @ Holistic Health & Fitness or on Race Day. Forms may be requested and submitted via email or phone. Mail or drop off completed forms to 420 Breeze St Craig, CO 81625.

5K Race/Walk

- Pre-registration (before May28) **\$15**
- Race Day registration **\$20**

Name _____ Date of Birth _____

Address _____

City/State/Zip _____

Phone _____ E-mail _____

Circle one:

M F Run Walk S M L XL
Sex Event T-Shirt Size*

Entry Fee.....	\$ _____
Number of Participants	X _____
Kids under 10 FREE	
TOTAL.....	\$ _____

*T-shirts only guaranteed to entries registered prior to May 20.

Liability and Publicity Release: For myself and my executors and administrators, I/we hereby release Holistic Health & Fitness, Grande Olde West Days and the City of Craig, any event sponsors and any event volunteers and each of their respective officers, employees, successors and assigns from any and all claims and damages arising out of any injury or condition that I/we may suffer as a result of participating in this event. Further, I/we hereby grant full permission to any and all of the foregoing to use my/our photograph or any other record of the event for legitimate purposes.

Signature _____ Date _____

Parent Signature (if athlete under 18 yrs old) _____ Date _____