**4-H 5K Run 4-Health**  
Saturday, November 21, 2015  
United Methodist Church,  
1211 S Carnation Drive, Aurora, MO

Proceeds to benefit  
4-H Programs in Lawrence County

Come join the fun with our fourth annual 4-H 5K walk/run! Whether this is your first race, or you are a race veteran, we welcome you! Run, walk or stroll the course, just join in! Each person who registers will receive a goody bag and cool tech race shirt! All who finish will receive a medal, COMPLETE WITH NEW DESIGN! Prizes will be awarded to the top runners!

- **1 MILE KIDS FUN RUN OFFERED!**
- Shirts offered in youth, men’s or ladies cut sizes!
- **5K and 1 Mile Fun Run same price!**
- GREAT POST-RACE food, featuring all beef hotdogs!
- Registration opens at 8 a.m., Race will begin at 9 a.m.
- Prizes for the top male and female overall and top runner in each age division! Gift certificates

**Missouri 4-H — Learn. Grow. Lead.**

Tech shirts guaranteed for those who pre-register; others as available on race day.

---

**REGISTRATION FORM**

<table>
<thead>
<tr>
<th>NAME:</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADDRESS:</td>
</tr>
<tr>
<td>CITY/STATE/ZIP:</td>
</tr>
<tr>
<td>EMAIL:</td>
</tr>
<tr>
<td>PHONE:</td>
</tr>
<tr>
<td>TECH SHIRT SIZE: ADULT S M L XL 2XL YOUTH M L LADIES CUT: ADULT XS S M L XL</td>
</tr>
<tr>
<td>MALE</td>
</tr>
</tbody>
</table>

**4-H Member and Volunteer Discount:** Registration fee for members and volunteers only $15!

- **REGISTRATION BY 11/1/2015** - $20  
  4-H MEMBER OR VOLUNTEER BY 11/1/2015 - $15  
  **REGISTRATION 11/2/2015 TO RACE DAY** – $35  
  EXTRA DONATION TO 4-H (OPTIONAL)

**W A I V E R :** I know that this activity is a potentially hazardous activity and I agree that my participation in this activity is entirely voluntary. I know I should not enter this activity unless I am medically able to participate and by signature below attest that I am medically fit to participate. I know that the hazards of each of the above activities include, but are not limited to: rigorous exercise and exertion; falling; collision with other participants; collision with fixed objects and I further state that I know that injuries can range from minor to serious, including loss of sight, paralysis and death. That in consideration of my participation in this program, I agree, on behalf of myself, my assigns, executors, and heirs, to release and hold harmless the Curators of the University of Missouri and their trustees, officers, employees, and agents, Lawrence County 4-H from any and all liability, damage, or claim of any nature whatsoever arising out of my participation. I understand that the University does not provide any Accident or Medical Insurance. I have read and understand the terms of this Release and agree to all terms and conditions.

**SIGNATURE:** ___________________________ **DATE:** ____________

**PARENTS SIGNATURE (REQUIRED IF UNDER 18):** ___________________________ **DATE:** ____________

**PHOTO WAIVER**  
☐ I give permission for me or my child to be photographed/videotaped and for the pictures to be used for 4-H publications and/or publicity.