



Spring into Wellness!



10k Run or 5k Run/Walk

Come run with the Living Well Village and spring into wellness!

Presented by the Living Well Foundation

Sponsored by Camp Jump Start

When: Saturday, March 28th, 2009 (run begins at 8:30 AM, walk at 8:35 AM)

Where: Corner of Old Lemay Ferry Road and Lions Den Road
Imperial, MO 63052

Why: To benefit the Living Well Foundation, a non-profit organization dedicated to promoting healthy living and wellness taught through camps and programs which encourage proper nutrition and fitness.

Shirts: Shirts will be provided to all participants registered within two weeks of the event.

Awards: Awards will be provided to the top 3 male and female finishers overall, Top 3 male and female under 18, as well as random door prizes!

Registration: \$20 if postmarked by March 14th, \$25 if postmarked later or on race day (no guarantee for shirts.)

Packet Pick-up: 7:30-8:15 AM on race day

For information contact Allison Fritschel at allison@livingwellvillage.org or call (636) 674-5014

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Send cash or make checks payable to: The Living Well Foundation. Mail with this form to:
3602 Lions Den Rd, Imperial, MO 63052 **NO REFUNDS WILL BE GIVEN**

Name: _____ Address: _____

City/State/Zip: _____ Phone (home): _____

E-mail: _____ Circle Gender: Male Female

Under 18? (circle) Yes No

Circle Shirt Size: Adult-S Adult-M Adult-L Adult-XL Adult-XXL Adult-3XL

Circle Event: 5K competitive run 5K walk 10K run

Please enter amount enclosed \$ _____

Waiver of liability: In consideration of this entry, I the undersigned, intending to be legally bound hereby for myself, my heirs, my executors and administrators, waive and release any and all rights and claims or damages I may have against the Living Well Village or the Living Well Foundation and their representatives, successors and assigns for any and all injuries suffered by me in said event. Registration forms must be signed by a parent or guardian if participant is under the age of 18. I grant full permission for Living Well Foundation to use photographs of me and quotations from me in legitimate accounts and promotions of this event.

SIGNATURE of Parent/Guardian if applicable: _____

SIGNATURE: _____