

5K Run/Walk Registration Form



Saturday, October 2nd, 2010
Sertoma park, Shelter 10

On The Run 5K Run/Walk Road Race & Three Person 5K Relay

8:00am check-in & Registration
9:45 Relay Starts
10:00am Run Starts
10:05am Walk Starts

\$18 for pre-registration, \$20 day of race

Long sleeve T-Shirts for first
200 pre-registrants

T-shirts available on race day while supplies last

Prizes for the top 3 finishers in both the
Run, Walk, and 5k Relay. Prizes given for best
dressed/costumes.

Prizes donated by Universal Athletics,
Feist Electronics & Anytime Fitness

Drawings held after the Race:
Sony Surround Sound Stereo System
\$650.00 value

1 year Membership to Anytime Fitness
\$500.00 value

All proceeds donated to:
*Region VII Safe & Drug
Free Communities Coalition*



Please come and join us for fun, music, food
and prize giveaways after the race!
Sign Up Now!!!

Mail Registration & Make checks payable to:

Cumulus Broadcasting
Care of: Fox on the Run
4303 Memorial Hwy.
Mandan, ND 58554
Questions call: 701-663-6412



96.5 the **FOX on the RUN** 5K Run/Walk Road Race and Relay
brought to you by **Anytime Fitness**

Check Here 5K Run 5K Walk

Name _____ Entry Fee \$18 \$ _____
Address _____
City _____ State _____ Zip _____ Additional Donation to Region 7:
Phone _____ \$ _____
T-Shirt size: (circle one) S M L XL 2XL Total \$ _____

Waiver of Liability: In consideration of my entry being accepted, I waive any and all claims for myself, my administrators, and my heirs against all officials, sponsors, and volunteers connected with Anytime Fitness & Cumulus Broadcasting for injury or illness that may directly or indirectly result from my participating in this event. I attest that I have full knowledge of the risks involved in this event, and am physically fit and sufficiently trained to participate in this event.

Signature _____ Date _____
Co-Signature _____ Date _____

(If under 18 years of age, must be signed by a parent or guardian.)