

VERSAILLES TOTAL FITNESS

and **KS95.1**

Present the

GIVE 'EM THE BIRD 5K RUN

& 1-MILE FUN WALK

Known as the Super Bowl of 5ks, this is a fun family event that takes you through beautiful downtown Versailles! Live radio broadcast at the start/finish line, race route entertainment including a choir singing outside of their church on Monroe St, cheerleaders on Washington St., and live music/dj on the square make this 5k exceptional. Professionally timed race on a closed course.

All proceeds go to food for Morgan County to help those in need during the holiday season.

When: Saturday November 4th at 9:00 a.m.

Where: Versailles Total Fitness, 131 N. Monroe, Versailles, MO

Top Overall Male and Female receive \$100 CASH! Medals for top 3 finishers in each age group! (10 year increments) Kids ¼ mile fun runners: No fee, No tee. All ¼ mile fun runners will receive a blue ribbon as they cross the finish line. Cheer hard for these little ones, they are our future runners!

Mail or take entry form to Versailles Total Fitness-131 N Monroe Street, Versailles, MO65084

Packet pick up: Friday (11/3) @ VTF from 9 a.m.-2 p.m. and race morning 7:00-8:45 a.m.

RUNNER INFORMATION

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Sex M ___ F ___ Date of Birth ___ / ___ / ___ Age on Race Day _____

T - Shirt Size (check one):

S	M	L	XL	XXL(+\$3)	XXXL(+\$3)
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Race Event (check one):

5K	1 Mile
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Today's Date: _____

ADDITIONAL RACE INFORMATION

Check out vtotalfitness.com for course map, past winners/times, fun video coverage of previous year and other great Info!!!

WAIVER OF LIABILITY

In consideration of my entry into the competition I, intending to be legally bound, do hereby for myself, executors and administrators waive, release, and forever discharge any and all rights and claims for damages, including any claims for loss, damages, or injury to my person or property arising out of my performance or failure of performance, from Versailles Total Fitness, The City of Versailles. Ready Set Results, ks95.1, as well as the owner of the site of competition I may be participating in; their agents, employees, representatives, successors and assignees. I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. Registration cannot be transferred or refunded.

Athlete's Signature

or

Parent/Guardian's Signature

ENTRY FEE

Please make checks payable to Give em the Bird 5K.

- \$25 (Through October 28th)
- \$35 (October 29th – Race Day)

**All participants signed up by October 13th guaranteed a long sleeve techtee!*