



## Run For Tomorrow

### *Duclos Foundation Benefit Run/Walk*

*1 mile fun run/walk, 7:15am Start time*

*5K Run, 7:30am Start time*

*Saturday, September 25<sup>th</sup>*

*Concordia, KS*

#### Entry Fees:

##### **1 Mile fun run/walk**

\$12 Early Registration (by Friday, Sept. 3<sup>rd</sup>)

\$15 Registration after Friday, Sept. 3<sup>rd</sup>

\$7 Children 12 and under (free for unregistered children in strollers)

##### **5K Run**

\$15 Early Registration (by Friday, Sept. 3<sup>rd</sup>)

\$18 Registration after Friday, Sept. 3<sup>rd</sup>

**Groups of 5 or more will receive a 20% discount on registration costs.**

T-shirts will be provided for all early registrants but cannot be guaranteed for participants registered after Friday, Sept. 3<sup>rd</sup>.

#### Event Times/Place:

7:00am Day of Run registration

7:20am 1Mile run/walk start

7:35am 5K Run Start

***Start and Finish at 7<sup>th</sup> St. and Washington. Parking will be allowed on streets and lots located West of Start/Finish point between 7<sup>th</sup> and 9<sup>th</sup> St.***

#### Awards:

Awards will be provided for top three male and female runners in the following categories:

Under 12

13-18 years old

Over 18 years old

***Awards/prizes will also be given for Best Costume, Most creative finish, and Youngest and oldest walker/runner.***

***All proceeds from the event will go to the Duclos Foundation. The foundation serves residents of Cloud and Republic County.***

**Send or drop off Entries to:**

*The Citizens National Bank  
c/o Amy Dugraff  
115 W. 6<sup>th</sup> St., PO Box 409  
Concordia, KS 66901*

**Please Make Checks Payable to:**

*Duclos Foundation*

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NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

Email will only be used for race information and race packet pick-up. It will not be utilized for any other purpose.

PHONE: \_\_\_\_\_ M/F \_\_\_\_\_

AGE (as of 9/25/10) \_\_\_\_\_

RACE (circle): 5K Run                      2 Mile Walk/Run

T-shirt size: Child    S    M    L  
                         Adult    S    M    L    XL    XXL

(If registering as a group, please send all forms in together and apply the 20% discount as mentioned)

**Race Liability Waiver**

By my signature below, I hereby approve and authorize the use of my name and photograph/motion picture in any connection with the Run For Tomorrow 1mile/5K run/walk. Further, I release all Run/Walk sponsors, organizers, workers and volunteers from any and all liability for accident, injury, death, or damages of any kind incurred by me arising from my participation in this activity. I affirm that I have prepared for this event through exercise, training, and nutrition/hydration. I have not been advised by a medical professional to avoid strenuous exercise. I understand that there will be traffic on the course and I assume all risks from such traffic. I further assume any and all risks from falls, collisions with other participants, and from wild or domestic animals. I take this action voluntarily, for myself, my executors, administrators, heirs, next of kin and successors

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature (If under 18)