

# Fools Day 5K

Please print, detach, and make check payable to :  
**Salina Fire Fighters Local 782**, and mail to  
SFL782  
1201 Vassar Drive  
Salina, Ks. 67401

Early Bird entry fee - \$15 (Postmarked by 3/26/10)  
Late entry and race day fee - \$20

Last Name: \_\_\_\_\_  
First Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
E-Mail: \_\_\_\_\_  
Age on Race Day: \_\_\_\_\_  
Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_\_  
Gender: (circle) Male Female  
T-Shirt Size: S M L XL XXL

#### Participant Waiver:

I know that running or walking a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. I assume all risks associated with running or walking in this event, including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, conditions of the road, sidewalks, and other running/walking surfaces, all such risks being known and appreciated by me. I agree not to wear headsets, roller blades, or skates during the race. I agree not to bring baby strollers/joggers, scooters, bicycles, skateboards, or dogs onto the race course. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Red Cross, Salina Fire Fighters Local 782, Manhattan Cross Country Club, the City of Salina, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. Race will be held regardless of the weather conditions. Registration is final, no refunds.

\_\_\_\_\_  
**Signature** (Parent/Guardian must sign if under 18)



**Location:** Northwest Shelter  
Indian Rock Park  
Salina, Kansas  
(Corner of Indiana and Gypsum)

**Parking:** Indian Rock Park, residential streets, and Bill Burke Park.

**Event Schedule:** April 3<sup>rd</sup>, 2010  
Registration/Package Pick-up opens at 8:30AM  
Registration/Package Pick-up closes at 9:30AM  
**Race starts at 10:00AM!**  
Awards at 11AM

**Registration:** By mail with form to left.

 On-Line at [www.active.com](http://www.active.com)



Race Day 8:30AM-9:30AM  
(Cash or check only)

**Shirts:** Early Bird entries will receive shirts on race day. T-Shirts are not guaranteed on race day for entries received after 3/27/10.

**Course:** Distance = 5K (3.1 miles)  
Walkers are welcome with a 45 minute time limit. See map at:  
<http://www.mapmyfitness.com/run/united-states/ks/salina/370125989203720506>

**Awards:** Overall Male and Female, and the top three finishers in each age group.

**Age groups:** 8 & under, 9-11, 12-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over.  
(Overall male and female are not eligible for age group awards.)

**Timing and scoring:**  
The Manhattan Cross Country Club will provide finish line results.

#### Contact Information:

Todd Begnoche  
785-342-1182  
[foolsday5k@hotmail.com](mailto:foolsday5k@hotmail.com)



Updated information and entry forms available at: [www.782aux.webs.com](http://www.782aux.webs.com)

The race director will have the right and responsibility to cancel or delay the event due to extreme and dangerous weather.

