



ABILENE FAMILY Health & Fitness
5K RUN/1 MILE WALK
 April 17, 2010 • Redbud Park



Bring the whole family out for a morning of exercise and fun! This event is to celebrate family health & fitness. Everyone is welcome! Proceeds to benefit future events to raise health awareness, especially in kids!

THE COURSE: 5K-5000 meters (3.1) mile run/ (1) mile walk RACE BEGINS at 8:00 a.m.

ENTRY FEE: \$5.00 for each participant. Make checks payable to: **Abilene Runners Club**

REGISTRATION: Runners/Walkers are encouraged to register early by mailing their entry to: **Mesquite Square, 750 N. Judge Ely, Abilene 79601 ATTN: Family Fun Run** or drop off your entry form at **Austin Elementary School, 2341 Greenbriar**. You may also register in person the morning of the event at the park between **7:00-7:45a.m.** All participants need to be checked in no later than 7:45 a.m.

Contact: Molly Hill at 325-829-0035 or molly@rentabilene.com with any questions.

A BIG THANKS TO: Abilene Runner's Club and the Mayor's Council on Physical Fitness FOR THEIR SUPPORT!

T-Shirts will be given to first 100 Entrants Only.

NAME _____ 1Mile _____ 5K _____
 Division (please circle): 3-under 4-8 9-12 13-19 20-29 30-39 40-49 50-59 60 & Over
 *T-Shirt Size ___ YM ___ YL ___ AS ___ AM ___ AL ___ AXL ___ AXXL

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ADDRESS _____ ZIP _____ PHONE _____
 E-MAIL _____

ALL PARTICIPANTS PLEASE READ & SIGN

In consent with this registration entry, I the undersigned, assume full responsibility for an injury or accident that may occur during my (our) participation while on the premises for this event.

**Parent Signature required if participant is under 18.*

Signature _____ Date _____