

THE SOLID ROCK

**5K RUN / WALK
APRIL 18, 2010, 2:00 P.M.**

PROCEEDS BENEFIT YOUTH MISSION TRIP

- Race day registration:** 12:30 - 1:30 p.m. at the South Whitley United Methodist Church, South Whitley, IN. Near intersection of State Roads 5 & 14.
- Mail pre-registration to:** SWUMC Youth, 6685 W. State Road 14, South Whitley, IN 46787
- Entry fees:** \$15.00 pre-registration by April 7, 2010 - \$20.00 day of race
- Contact information:** Amy Bechtold 260/723-5033 or asher3@embarqmail.com

Awards to the top finishers in each age group: 14 and under, 15-22, 23-35, 36-50, 50+

**Come and enjoy fun, fellowship, and fitness ~ no matter what your pace!
Baby strollers welcome. No dogs please.
Refreshments provided post-race.**

Name of participant:

_____ (print) Male / Female Age: _____

**T shirt size: ___S ___M ___L ___XL ___XXL (additional \$1.00 fee for XXL)
T-Shirts available for all who pre-register by April 7, 2010.**

PLEASE READ AND SIGN RELEASE: I know that running a road race is a potentially hazardous activity. I should not enter and run 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. I assume all risks associated with running in races, including, but not limited to: falls, contact with other participants, the effect of the weather, including high heat and/or humidity or lightning, the conditions of the road and traffic on the course, all risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your acceptance of my entry in the race, I, for myself and anyone entitled to act on my behalf, waive and release the directors of this race, the South Whitley United Methodist Church, 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 the waiver. I grant permission to all of the foregoing to any photographs, motion pictures, recording or any other record for legitimate purpose.

Signature of Participant or guardian

Date