

# 3rd ANNUAL ACTS 1:8 CHALLENGE RUN/WALK 5K RUN - 5K FITNESS WALK - 1K KID'S RUN

- 7:30 am, Saturday, August 22, 2009
- Lynwood Baptist Church Parking Lot, 2935 Lynwood Hills Drive
- 6:30-7:15 a.m. Race Day Registration
- Entry Fee  
— Before August 22: 10.00 Individual; \$15.00 Couple; \$25.00 Family (limit of 5)
- 5K Run will start at 7:30 am
- Kid's Run will begin after 5K is complete
- Short sleeve T-Shirts to **first 100 pre-registered**
- Awards to top three in each age division in 5K Run, Kid's 1K

**5K RUN AGE GROUPS** Men and Women: 13-19, 20-29, 30-39, 40-49, 50-59, 60 & over

**KID'S 1K RUN AGE GROUPS** Boys & Girls: 6-7, 8-9, 10-12

**FITNESS WALK:** OPEN TO ALL, Non-Competitive



**3rd Annual LBC Acts 1:8 Challenge Run/Walk**  
Each participant must complete a registration form

5K Run \_\_\_\_\_ 5K Walk \_\_\_\_\_ 1K Kids Run \_\_\_\_\_

Name \_\_\_\_\_ Male/Female

Address \_\_\_\_\_ Age on 8-22 \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Phone \_\_\_\_\_

T-shirt size: Adult S M L XL Youth Size: S M L XL

**Waiver: In consideration of foregoing, I myself, executors, administrators, and assigns, do hereby discharge Lynwood Baptist Church and all sponsors from all claims of damage, actions, and causes whatsoever, in any manner arising or growing out of my participation.**

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MAKE CHECKS PAYABLE AND RETURN ENTRY FORM TO:  
LYNWOOD BAPTIST CHURCH, ATTN: Lora Coots; 2935 LYNWOOD HILLS DRIVE  
CAPE GIRARDEAU, MO 63701 / PHONE 334-7836 (Lora)