

# Leave Your Mark 3K/5K/10K Run/Walk

## Saturday, September 17th — 7:30 am

Select Event: \_\_\_ 5K Walk \_\_\_ 3K Run \_\_\_ 5K Run \_\_\_ 10k Run

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

Age \_\_\_\_\_ Gender \_\_\_\_\_ T-Shirt Size (check one): \_\_\_ Small \_\_\_ Medium \_\_\_ Large \_\_\_ XL

Please indicate your participation type:

\_\_\_\_\_ Pledge Participant (\$100 minimum in solicited pledges to participate)

\_\_\_\_\_ Fee Participant (\$25 registration race fee for non-pledge participants)

7:30 -Check in begins at Froemming (area #1)

8:10 -Run/Walkers to the starting line

8:15 -Orientation and Instruction

8:20 -10K Run Start Time

8:25 -5K Run Start Time

8:30 -3K Run Start Time

8:35 -5K Walk Start Time

10:30- "The Finish Line"

# Leave Your Mark

## Run/Walk 3K, 5K & 10K

**Saturday  
September 17th**

★★★  
**Registration  
starts at 7:30 am**

★★★  
**Froemming Park  
Area 1**



This Generation Youth raises funds for Speed the Light, an organization that provides transportation and communications equipment to missionaries all over the world. Last year This Generation Youth partnered with businesses and individuals in the local community and raised over \$3000 by hosting the fifth annual Run/Walk.



This year we want to exceed that number, our goal is to raise \$15,000 to purchase a vehicle for a missionary.

On **Saturday, September 17th, 2011**, we are holding the sixth annual **Leave Your Mark Run/Walk**.

The event will be held at Froemming Park, in Franklin (51st Street, between Peutz and Ryan Road), with a lunch to follow. All proceeds will go directly to Speed the Light

# Leave Your Mark 3K/5K/10K Run/Walk

**Saturday Morning, September 17, 2011**

**QUESTION:** How can I raise \$100 in pledges for the STL Run/Walk? Who do I ask?

**ANSWER:** Solicit \$10 from each of the following...

- |                    |                    |
|--------------------|--------------------|
| 1. Grandparent     | 6. Neighbor        |
| 2. Aunt/Uncle      | 7. Friend          |
| 3. Teacher         | 8. Co-worker       |
| 4. Mom/Dad         | 9. Coach           |
| 5. Boss or Manager | 10. Brother/Sister |

Other ways to help raise funds in the Run/Walk:

1. Invite your sports team to participate
2. Invite family and friends to participate
3. Make it a club (school) event.
4. Post sign at YMCA and Local Running Clubs.

### Waiver and Disclaimer (Required)

(If you are under 18, you must have a parent or guardian agree and sign below.) I know that participation in an event like this is potentially hazardous. I should not take part in the run/walk event unless I am medically able. I understand that there are risks and I assume all responsibility for the risks associated with my participation. These risks may include (but are not limited to) falls, contact with others, traffic, and effects of the weather. Knowing these facts, I, and others such as heirs, or others who might claim on my behalf, covenant to not sue and WAIVE, RELEASE AND DISCHARGE Oak Creek Assembly of God, and all others associated with this event for ANY AND ALL claims or liability, whether seen or unforeseen, for death, personal injury, property damage, or other problems resulting from my participation in this event. I further grant all involved in the run/walk full permission to use any photographs, videotapes, or other record of the event for any reasonable purposes, including promotional purposes.

Signature

Date

Parent of Legal Guardian signature if under 18 years of age