

# VERSAILLES TOTAL FITNESS

and **KS95.1**

Present the

## **GIVE 'EM THE BIRD 5K RUN**

## **& 1-MILE FUN WALK**

Known as the Super Bowl of 5ks, this is a fun family event that takes you through beautiful downtown Versailles! Live radio broadcast at the start/finish line, race route entertainment including a choir singing outside of their church on Monroe St, cheerleaders on the square, and live music/DJ on the final mile make this 5k exceptional. Professionally timed race on a closed course.

**All proceeds go to Food for Morgan County and improving our community.**

When: Saturday October 31<sup>st</sup> at 9:00a.m.

Where: Versailles Total Fitness, 131 N. Monroe, Versailles, MO

Top Overall Male and Female receive \$100 CASH! Medals for top 3 finishers in each age group! (10 year increments) Kids ¼ mile fun runners: No fee, No tee. All ¼ mile fun runners will receive a blue ribbon as they cross the finish line. Cheer hard for these little ones, they are our future runners!

Mail or take entry form to Versailles Total Fitness-131 N Monroe Street, Versailles, MO 65084

Packet pick up: Friday (10/30) @ VTF from 9 a.m.-1:30 p.m. and race morning 7:00-8:45a.m.

# RUNNER INFORMATION

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

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Sex M \_\_\_ F \_\_\_ Date of Birth \_\_\_ / \_\_\_ / \_\_\_ Age on Race Day \_\_\_\_\_

T - Shirt Size (check one):

S	M	L	XL	XXL(+ \$3)	XXXL(+ \$3)
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Race Event (check one):

5K	1 Mile
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Today's Date: \_\_\_\_\_

## ADDITIONAL RACE INFORMATION

Check out [vtotalfitness.com](http://vtotalfitness.com) for course map, past winners/times, fun video coverage of previous year and other great Info!!! **Baby strollers are welcome. Dogs are not allowed.**

## WAIVER OF LIABILITY

In consideration of my entry into the competition I, intending to be legally bound, do hereby for myself, executors and administrators waive, release, and forever discharge any and all rights and claims for damages, including any claims for loss, damages, or injury to my person or property arising out of my performance or failure of performance, from Versailles Total Fitness, The City of Versailles. Ready Set Results, ks95.1, as well as the owner of the site of competition I may be participating in; their agents, employees, representatives, successors and assignees. I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. Registration cannot be transferred or refunded.

\_\_\_\_\_  
Athlete's Signature

or

\_\_\_\_\_  
Parent/Guardian's Signature

## ENTRY FEE

**Please make checks payable to Give em the Bird 5K.**

- \$25 (Through October 24th)
- \$35 (October 25<sup>th</sup> – Race Day)

*\*All participants signed up by October 9th guaranteed a long sleeve tech tee!*