



# EXPERIENCE THE TRADITION



## Official Entry Form

**SATURDAY, SEPTEMBER 21, 2019 • WESTERN KENTUCKY UNIVERSITY**

Please return this entry form by August 21, 2019.

Fax to 270-745-0683 or mail to: P.O. Box 1175 • Bowling Green, KY 42102

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Grade: \_\_\_\_\_ School: \_\_\_\_\_

Teacher's last name: \_\_\_\_\_

### T-SHIRT SIZE:

Youth  Adult  SM  MED  LG  XLG

I hereby waive all claims for myself, my heirs and executors against Med Center Health 10K Classic, its sponsors, agents and employees for any claims and liabilities which may result from my participation. I assume all risks associated with participating in the Children's Classic including, but not limited to, falls, contact with other participants, the effects of the weather and the conditions of the road, all such risks being known and appreciated to me. I further state that I am physically able to complete my registered event. I also grant full permission to use any photographs, video recordings or any other record of this event. I also understand that the Children's Classic will take place rain or shine. All entry forms must be filled out and signed by a parent or guardian.

An incomplete or unsigned form will not be accepted.

Participant Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

## MED CENTER HEALTH 10K CHILDREN'S CLASSIC

### Participant Information

The Med Center Health 10K Children's Classic is a great opportunity to promote a healthier lifestyle. Every child who participates is a winner. Ninety percent of the race will be completed prior to race day while your child is training. Children will keep a training log using the calendar below. The goal is to run short distances each day prior to the race. Registration forms are to be turned in by August 21, 2019. Race number bibs will be mailed to the child's school the week of the race.

### IMPORTANT RACE DAY INFORMATION

- **Date of race:** Saturday, September 21
- **Check in location:** WKU Stadium Concourse (Enter Gates 5 & 6)
- **Check in time:** 9:00 a.m.
- **Items needed for check in:** Race Number Bib
- Participants will receive a t-shirt at Check In.
- After checking children in, parents are to take a seat in the stadium.
- The run will be divided by grade levels with each group running at designated times.
- You will get to see your child cross the finish line inside the football stadium while sitting in the stands, and your child will get to see themselves on the big screen as they finish the run!
- Parking will be available in both parking structures and Cresson Parking Lot (Egypt Lot) on the corner of University Blvd. and Russellville Rd.

Name: \_\_\_\_\_

Teacher's name: \_\_\_\_\_

School: \_\_\_\_\_

### MARK YOUR MILEAGE

Mark your mileage each day as you race toward your goal of 5½ miles!

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>August</b>						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
<b>September</b>						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	<b>RACE DAY</b>

