

Bicknell Labor Day 5K Run Monday, September 1, 8:00 a.m.

* Location Start at Bicknell Fire Station, Bicknell, IN Registration at the Fire Station.
*Course 5K completely paved, out & back course, mostly flat through residential & rural areas.

*Race Day Registration & Packet Pick-up Bicknell Fire Station starting at 7:00 a.m. The first 50 entries will receive T-Shirts.

*Water 5K run will have water at 1.5 miles and at the finish.

*Results Awards to be presented at the Fire Station as soon as possible after the race.

*Snacks & Drinks Furnished after the race.

TROPHIES

Trophies to overall Male and Female winners and first Male and Female Masters (Overall winners not eligible for age group awards)

5K Male	5K Female
0-10...2	0-10...2
11-15...2	11-15...2
16-19...2	16-19...2
20-24...2	20-24...2
25-29...2	25-29...2
30-34...2	30-34...2
35-39...2	35-39...2
40-44...3	40-49...3
45-49...3	50-59...2
50-59...2	60+.....1
60-69...2	
70+.....1	

For more information contact Bob Hunt 812-328-2210 robertjerryhunt@hotmail.com or Rick Marshall 812-882-8629

Official Entry Form

Registration Fee of \$15.00 and entry form need to be postmarked by Saturday, Aug. 23. Make checks payable to North Knox FCA. \$20.00 registration fee on all late entries.

Complete the following (please print) Race entered: 5K_____

Name_____ Sex_____ Age as of Sept 1, 2008_____

Address_____ City_____

State_____ Zip_____ Phone_____

T-Shirt Size Sm.____Med.____Large____X-Large_____ Fees Paid: Race _____\$15.00 _____\$20.00 _____

WAIVER

In consideration of the foregoing, I for myself, my executors, administrators, and assigns, do hereby release and discharge the SPONSORS and North Knox Fellowship of Christian Athletes, and CITY of Bicknell and its departments, and other parties involved in the Bicknell Labor Day 5K Run from all damages, demands, actions, and causes of action whatsoever, in any manner arising of growing out of participation in said run. I certify that I have run this distance or longer in practice prior to this event.

Signature_____

(Parent or guardian if applicant is under 18)