



On-Line Registration: www.sportspectrumusa.com

I will be participating in: _____ 5K _____ ½ mile fun run

Last Name: _____ First Name: _____

Address: _____

City: _____ State _____ zip: _____

Birth Date: ____/____/____ Age on 2/11/12: _____ Sex: M or F

T-Shirt Size: YM YL S M L XL XXL (add \$2) Email address _____

Wavier & Release

In consideration of my being admitted to enter "Move It To Lose It 5K", I, for myself, my heirs, and assigns, executors and administrators, do hereby forever release and discharge Sportspectrum, RRCA, Sportspectrum Race Management, NWLRA, CHRISTUS Schumpert, and all other sponsors or affiliates their employees and agents, of and from any and all claims or demands for damages, injuries, or liability, in any manner arising out of participation in this event. I agree to indemnify and hold harmless the parties released above from any claims or demands for damages, for injuries or liability, in any way arising out of my participation in this event. I certify that I have prepared myself for this race and that I am in adequate physical condition to complete the event I have entered. I agree to follow all rules of this race and to permit myself be removed from the competition if in the opinion of Race Management that continuing would endanger my health.

Signature: _____ Date: _____

Parent/Guardian Signature if under age 18: _____

Under RRCA regulations absolutely no baby joggers, strollers, bikes or skate devices.

COURSE DESCRIPTION: The race will begin and end at CHRISTUS Schumpert Wellness Center, Bossier City. Enjoy a flat and fast course through Greenacres neighborhood.

RACE DATE & TIME: Saturday, February 11, 2012, 8:00 a.m. ½ mile fun run, 8:30 a.m. 5K

REGISTRATION FEES: Participants registered prior to race day are guaranteed an event T-shirt. \$15 before 2/4/12, \$20 thereafter, \$10 ages 12 and under

Checks payable to: CSF 5K or pay by credit card @ www.sportspectrumusa.com

Packet Pick-Up: At Sportpectrum, Thursday 2/9, Noon – 7:00 p.m., Friday 2/10, noon – 6:00 p.m. or Race Day at the race site, 7:15 a.m. – 8:00 a.m.

Awards: Overall 1st, 2nd and 3rd place male and female finishers. All children will receive an award.

Stick around after the race for a great post race celebration! A supervised "We Did It Party!" will be offered for fun run participants, so that their parents/guardians may run 5k.

SPECIAL THANKS TO OUR SPONSORS!

CHRISTUS Schumpert Wellness Centers & Landers

All Proceeds from the race will go to CHRISTUS Schumpert's Project 5210, a free weight management program that is offered to children & their families. Thank you for helping us fight Childhood obesity!