

The Learning Center for Families
10th Annual

RUN 4 KIDS

10k, 5k and 1k walk/run

Saturday, April 10th, 2010

St. George Marathon

Runner Series Qualifier

10k and 5k will be competitive, with prizes awarded to overall winners in male and female categories. Medals will also be awarded to the top 3 finishers in each age division. Runner card timing system will time both races and participants will be able to see their individual results just moments after finishing the race. Races will begin at 8 am.

1k walk/run is a non-competitive fun activity for parents and children of all ages and abilities. This will begin at 7:30 am. Each child will receive a finisher medal, prize and refreshments.

Courses: All three events will be held at Coral Canyon in Washington. Please meet at the town center by the Holiday Inn Express.

Registration Information and fees: Register at Active.com, go to run-4-kids.com to download registration form or for additional information.

Mail registration form to:
Run 4 Kids
2882 South Ledgerrock Circle
St. George, Utah 84790

Entry fees are: 10k-\$20, 5k-\$15, 1k-\$10.

Please make checks payable to: Friends of TLC.

After April 4th registration fee increases \$20.

No day of race registration. No day of race packet pick up.

To reserve your spot and guarantee a shirt sign up by April 4th.

Also, long sleeved shirts are available for an additional \$5.

Packets will be available to pick-up at Holiday Inn Express, 2450 North Town Center Drive Washington City, Utah 84780 Friday, April 9th from 4 p.m.-8 p.m. **For more information please call 673-5353 ext. 12 or Keith at 674-0982 or email keith@knowlesonline.net**

100% of the proceeds will be donated to The Learning Center for Families: a non-profit agency in Washington County that provides support for educational services to families of children, ages birth to three with significant challenges to their health and development.

Registration Form

Name: _____ sex: M F (circle one)

Runner's birth date _____ Age on day of race _____

Address: _____

City _____ State: _____ zip: _____

Phone: _____

Shirt type: Long Sleeve (\$5 more) or Short Sleeve (circle one)

Size: Adult: XL L M S Youth: L M S XS (circle one)

Email address _____

I will be running the: 10k 5k 1k (circle your race)

Circle your age division: 10 & under 11-14 15-19 20-24 25-29
30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74
75+

All competitors participate at your own risk. If in doubt of your physical condition for the 10k, 5k or 1k it is strongly recommended you seek the advice of a competent physician and abide by his/her advice.

All persons under 18 years of age must have a written consent by parents or legal guardian taking all responsibility and waive and release any and all injuries or ailments or others suffered by me in the Run 4 Kids 10k, 5k or 1k.

In consideration of the privilege granted me in the 2010 Run 4 Kids 10k, 5k and 1k I hereby for myself waive and release any and all injuries or ailments or others suffered by me in the Run 4 Kids 10k, 5k or 1k.

Signature: _____

Signature of parent or legal guardian: _____

Registration Information

Mail registration form to:

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I am enclosing an extra \$ _____ to help the children at The Learning Center. (A receipt for your donation will be sent to the address on the registration). **Thank You!!**