

Friends of The Learning Center for Families  
11<sup>th</sup> Annual

# RUN 4 KIDS

10k, 5k and 1k walk/run  
Saturday, April 9th, 2011  
Runner Series Qualifier  
St. George Marathon

**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, Utah. 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-\$30, 5k-\$25, and 1k- \$10.

**Please make checks payable to: Friends of TLC.**

After April 4<sup>th</sup> registration fee increases \$20.

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

To reserve your spot and guarantee a tech shirt, sign up by April 3<sup>rd</sup>.

**Packets** will be available to pick-up at Holiday Inn Express, 2450 North Town Center Drive Washington City, Utah 84780 Friday, April 8<sup>th</sup> from 4 p.m.-8 p.m. **For more information please call 673-5353 ext. 44 or Keith at 674-0982 or email keith@knowlesonline.net**

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**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: \_\_\_\_\_

Tech Shirt 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 suffered by me in the Run 4 Kids 10k, 5k or 1k.

In consideration of the privilege granted me in the 2011 Run 4 Kids 10k, 5k and 1k I here by 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

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Run 4 Kids  
2882 South Ledgerrock Circle  
St. George, Utah 84790

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!!**