

# St. John 5K

Saturday, April 17th, 2010

8:00AM

**St. John Lutheran Church**

*(9088 Openlander Road, Sherwood, OH 43556)*

**Distance:** 5K, out and back course

**Location:** St. John Lutheran Church

**Time:** 8:00AM (registration starts at 6:30AM)

**Fee:** \$14.00 pre-registered with t-shirt (first 50 registered),  
Raceday- \$10.00 without shirt.

**Prizes:** Prizes awarded to top 2 in each age group.

**Age Groups:** (male and female) 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60 and over.

**Questions:** Email Curt Foust at cdfoust@hotmail.com.

***Please make check out to St. John Lutheran Church and send to Curt Foust, St. John 5K, 222 Conklin (BGSU), Bowling Green, OH 43403.***

-----  
Name \_\_\_\_\_

Address \_\_\_\_\_

Age(as of 4/17/10)\_\_\_ Sex\_\_\_ Shirt (if pre-registering) S, M, L, XL

Email (for results) \_\_\_\_\_

In consideration of the acceptance of my entry, I, for myself, my executors, administrators, and assignees, do hereby release all sponsors and individuals assisting in the presentation of the St. John 5K for all claims of damages and actions whatsoever in any manner arising or growing out of my participation in this race. I attest and verify that I am physically fit and have completed sufficient training for his event. I acknowledge I have read and fully understand my own liability and do accept these restrictions.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(parent signature if under 18)