

# 2024 AHF 5K Family Fun Run, Walk Friday, July 19th 2024

- 6:30pm Check-In & Late Registrations
- 7:00pm Walkers Start
- 7:30pm Start
- 8:45pm Award Ceremony & Raffle Drawing  
*(do not need to be present for Raffle Drawing)*



Every Race Registration entered into Raffle Drawing for fun  
Fitness Inspired prizes!

**Registration open until race day!**

Registration due June 20th to guarantee a shirt on race day.

(We are purchasing extra shirts in hopes to have one for ALL runners on the day of.)

**Check-In and Late Registration Located at:**

SE Corner of 2nd St & Main St

**Top 5K Male & Female in Each Age Group Wins a Medal:**

11 & under    12-19 yo    20-29 yo    30-39 yo    40-49 yo    50-59 yo    60 & over

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## REGISTRATION FORM

Registration Due by June 20th for Shirt on Day of Race

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex: M or F

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

**ADULT OPTION: (Circle One & Corresponding Size)**

**#1 T-Shirt: Warm Grey Size: XS S M L XL 2XL 3XL**

**YOUTH OPTION: (Circle One & Corresponding Size)**

**#1 T-Shirt: Warm Grey Size: XS S M L XL**

**Waiver of Liability:** In consideration of my entry being accepted, I waive any and all claims for myself or my child, my administrators, and my heirs against all officials, sponsors, and organizations connected with the AHF Family Fun Walk and Run for injury or illness that may directly or indirectly result from my participation in this event. I attest that I have full knowledge of the risks involved in this event, and am physically fit and sufficiently trained to participate in this event. **For participants under 18, a parent/legal guardian must sign.**

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

**Entry Fee for both 5K Youth (6-12): \$15 Adult (13 & up): \$25**

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Make checks payable to Ellinwood Hospital & Clinic.

Mail or Drop Off at: Ellinwood Hospital Foundation, 16A N. Main St., Ellinwood, KS 67526