



Want to run your FIRST 5K? Email: [reclinertorunner@yahoo.com](mailto:reclinertorunner@yahoo.com) for training information!

**To support Good Shepherd Lutheran School's 8<sup>th</sup> Grade Class Trip to Washington, D.C.!**

**We're trying it again! Due to the ice and snow that fell on President's Day, the race has been rescheduled!**

**Start/Finish:** Good Shepherd Lutheran School, 1300 Beltline Rd., Collinsville, IL

**When:** March 20, 2010 at 9:00am

**For More Information:** Contact Jenifer Schaller, Race Director: 618-791-5597

**5K Awards:** 1<sup>st</sup> overall male and female.  
Top 3: 19-U, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

**Entry Fees:**

**\$20**

**\$25** (on race day)

**Make Checks Payable to:**

**Good Shepherd Lutheran School**

**Mail To:**

GSLs, 1300 Beltline Road, Collinsville, IL 62234, or **register online at [Active.com](http://Active.com).**

**Thanks to Our Sponsors!**



**Attendance Prizes:** Dress like a president and win prizes!

**Refreshments Provided by:** 180 Energy Drink! Homemade cookies at the finish line, compliments of GSLC congregation!

**Cheering Station Contest:** GSLs 8<sup>th</sup> Graders will cheer you on along the course. Runners will vote for the best cheering station. Prizes awarded!

**Packet Pickup:** Good Shepherd Lutheran School gymnasium on Race Day.



Dr. Rebecca J. Fornero  
Braces for Children and Adults  
Collinsville, IL



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SOUTHERN ILLINOIS  
CHIROPRACTIC CENTER

Name: \_\_\_\_\_ Male: \_\_\_\_\_ Female: \_\_\_\_\_

Address: \_\_\_\_\_ Phone No.:( ) \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Email: \_\_\_\_\_

Waiver of Liability: In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages, actions and cases against Good Shepherd Lutheran School and Church, The City of Collinsville, Run Well, Race Directors, and all sponsors, and any individual or group associated with this event from all claims and liabilities resulting in my participation. I attest and verify that I am physically fit and have sufficiently trained for this event. I assume all risks in the event including, but not limited to falls, contact with other participants, effects of the weather, road conditions, all such risks being known and appreciated by me. Further, I hereby grant permission for the free use of my name and/or any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose. (Participants under 18 must have parental signature.)

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