



# Relay Run For Your Life

2<sup>nd</sup> Annual

5K & 1-mile walk/run

Saturday, May 15, 2010

Race Starts 7:00 a.m.

Hillcrest High School ~ 3319 N. Grant, Springfield, MO

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Gender \_\_\_ M \_\_\_ F Age on 5/15/10 \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

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

T-Shirt size: \_\_\_ S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ 2X \_\_\_ 3X

Please indicate which race you are entering: \_\_\_ 5K \_\_\_ 1-mile walk/run

Are you a cancer Survivor? \_\_\_ Yes \_\_\_ No

Are you also a registered participant in Relay For Life of Springfield? \_\_\_ Yes \_\_\_ No

I wish to make an additional donation to Relay For Life in the amount of \$ \_\_\_\_\_

**5K: \$20.00** (\$5.00 if runner is also a *registered* Relay For Life participant)

**1-mile walk/run: \$10.00** (\$5.00 if runner is also a *registered* Relay For Life participant)

- ▶ **Pre-Registration is preferred** by Mail, Online or in person at the ACS office
- ▶ Race-Day registration is available (t-shirt size and availability not guaranteed)

Register online: [www.relayforlife.org/springfieldmo](http://www.relayforlife.org/springfieldmo)

Pre-Register by mail: Relay Run For Your Life  
Attn: Allison Kraft  
3322-P S. Campbell Ave  
Springfield, MO 65807

Fax: (417) 881-7955

For more information:  
Joni Stant (417) 496-0406  
OR  
Allison Kraft (417) 447-1474

Please make checks payable to: Relay For Life

I, hereby for myself and my heirs, waive any and all rights for claims on this event in case of injury. I also release and hold harmless any sponsors, including the American Cancer Society, Ridge Runner Sports and Ozark Racing Systems, volunteers and organizers of this event. By signing below, I specify that I am in acceptable shape and medical condition to participate in this event.

Participant's Signature

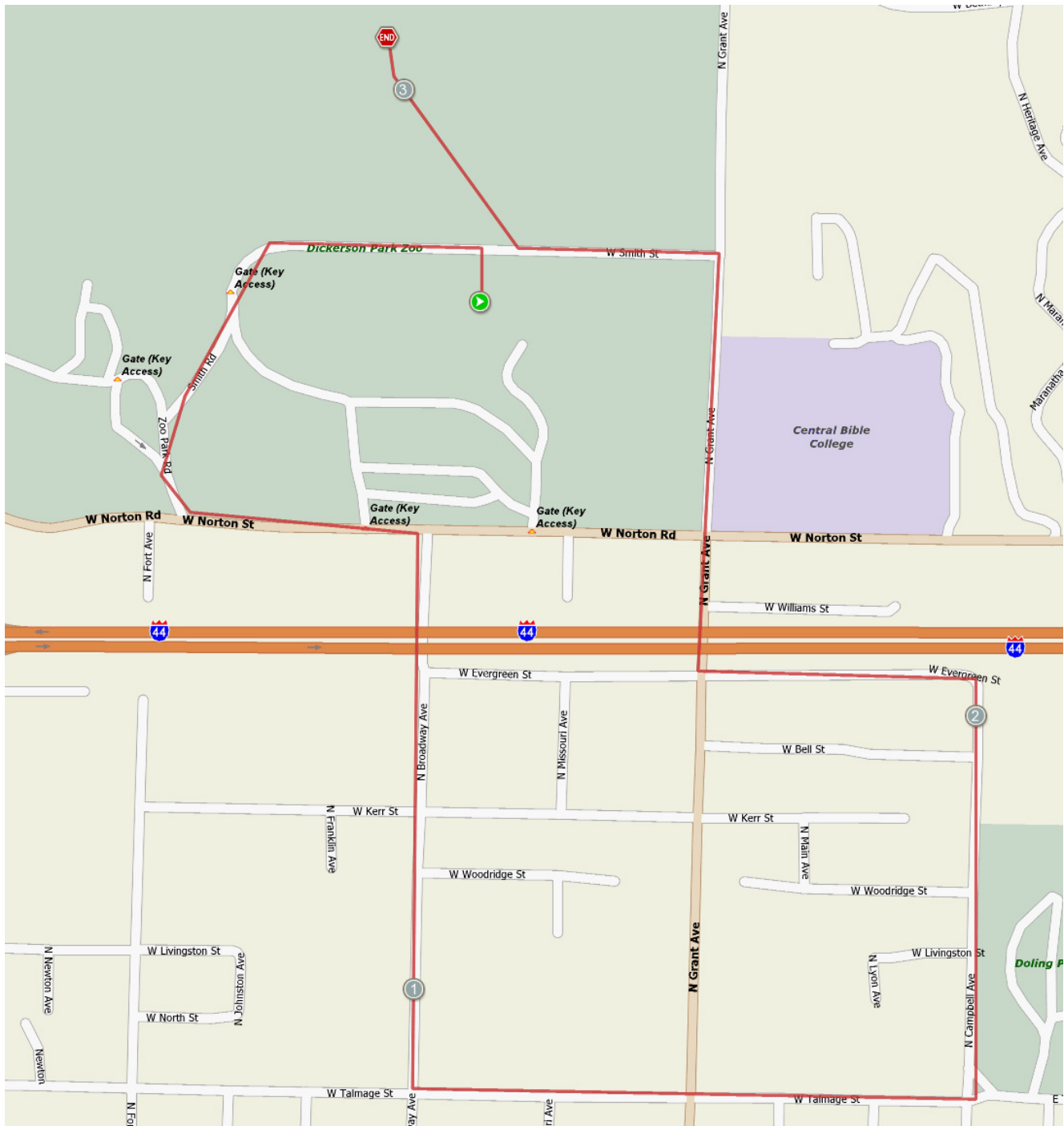
Parent's Signature if < 18 yrs of age.

# Relay *Run* For *Your* Life 5K

## Saturday, May 15, 2010

### Course Description

- ▶ Start on Smith St. at the southern edge of the Hillcrest parking lot, travelling west.
- ▶ Hang left at stop sign by the Dickerson Park Zoo.
- ▶ Left on Norton Road.
- ▶ Right on Broadway to Talmage.
- ▶ Left on Talmage.
- ▶ Cross Grant St.
- ▶ Left on Campbell St. by Doling Park.
- ▶ Curve left onto Evergreen.
- ▶ Right turn on Grant St.
- ▶ Grant St. north all the way to Smith St.
- ▶ Right into parking lot and through the parking lot to the track.
- ▶ Turn right onto the track. Finish in front of the bleachers on the right of the track. (do not make a full loop of track)





# Relay *Run* For *Your* Life

*(or the lives of your friends and family!)*

## 5K Race & 1-mile walk/run

**Saturday, May 15<sup>th</sup>, 2010**

Both Races begin at 7 A.M.

Hillcrest High School ~ Springfield, MO

All runners and walkers are welcome for both events!

**Celebrate.**

**Remember.**

**Fight Back.**

Cancer affects us all.

Help us *Celebrate* the lives of our Survivors, *Remember* those we've lost and *Fight Back* to find a cure and support those battling cancer today!

Run or walk for someone you love.

### Special 5K Awards

Top Cancer Survivor  
Top Runner also in Relay For Life  
Top Fundraiser

### Special 1-Mile Event Awards

Top Cancer Survivor  
Top Runner also in Relay For Life

For more information:

[www.springfieldrelay.org](http://www.springfieldrelay.org) ~ Joni Stant at (417)496-0406 ~ [5K@springfieldrelay.org](mailto:5K@springfieldrelay.org)