



American Diabetes Association.

STOP DIABETES

5K Run

September 11, 2010



5K Run Ambassador-
Olivia, diagnosed with type 1
diabetes at age 20 months.
Help Find A Cure!

Over 28,000 of our friends, family, neighbors and co-workers are affected by type 1 or type 2 diabetes in the Springfield Metro area.

Join the 2nd Annual "I Decide to Stop Diabetes" 5K Run on September 11, 2010 at Panera Bread located at 3837 S. Campbell
Registration from 7-7:30 am, Race Starts at 8:00 am, Awards at 9:00 am
Post race goodies provided by Panera Bread

5K Individual Prizes: Awards for Top Male and Female runners in the following age groups: 10-19, 20-29, 30-39, 40-49, 50-59 and 60+. Trophy for 1st place male and female under 10 group.

****Race Packet pick-up at Panera Bread, 3837 S Campbell on September 10th from 4pm-7pm
Timing by Ozark Racing Systems**



REGISTRATION FORM

Each participant must complete a registration form

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

E-mail _____ Phone _____

Optional: I am running in honor of: _____ I am running in memory of: _____

Age on race day: _____ Male _____ Female _____ \$20 Pre-Register _____ \$25 Day of Race _____

Register by September 1st to guarantee a T-shirt on race day!

Please Circle Shirt Size: Youth SM (6-8) Youth MED (10-12) Adult SM MED LG XL XXL XXXL

Make checks payable and mail to: American Diabetes Association, 2833-B E. Battlefield, Suite 100, Spfld., MO 65804

Pre-Register at the ADA office or Ridge Runner Sports, 3057 S. Campbell

Day of Race is on site registration only at Panera located at 3837 S. Campbell

Questions? Race Director: Shannon Cochran: Shannon.cochran@gmail.com

American Diabetes Association: Carla Wade 890-8400 x6854 or cwade@diabetes.org

For safety reasons: no headphones, skates, skateboards, bicycles or animals will be permitted.

Waiver Must Be Read and Signed Before Participating: I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the STOP Diabetes 5K Run, and all sponsors, organizers, and volunteers of this event; the City of Springfield, MO; The American Diabetes Association, Panera Bread Companies, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable. I also authorize use of my picture for any publication or media use.

Print Name _____

Date _____

Signature (guardian if under 18 years of age) _____