



Medal Design

T-Shirt Design



**Come Join Us...December 4<sup>th</sup>  
2960 N Eastgate / Springfield, MO  
Onsite Registration 8:30 am / 10:00 AM Run/Walk**

**5K Divisions:**

- Tater Tots: Ages 19 & Under
- Young Spuds: 20 - 29
- Hot Potato's: 30-39
- Mash Potato's: 40-49
- Potato Pushers: 50-59
- Old Spuds: 60 & Over

**10K Divisions:**

- Tater Tots: Ages 19 & Under
- Young Spuds: 20-29
- Hot Potato's: 30-39
- Mash Potato's: 40-49
- Potato Pushers: 50-59
- Old Spuds: 60 & Over

**Awards:**

- Cash Prizes to overall Male & Female
- Special Prizes to 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place in each Division

***All Runners Finishing the Race will Receive a Finisher's Medal!***

\*\* Refreshments will be served after the race, 2 water stations will be available on course.

Door prizes will be drawn after presentation of awards (Must be present to win!!)

***Long Sleeve T-shirts will be given to all runners: \_SM \_MED \_LG \_XLG***

**Fees:**

**\$20 Pre-registered (up to Dec 1<sup>st</sup>) / Dec 2<sup>nd</sup> to Dec 4<sup>th</sup>: \$25**

Make Checks Payable to IHC and mail to : Tasha Blackwell at IHC/2960 N. Eastgate Ave/Springfield, MO 65803  
For Additional Information call Tasha at: 417-889-9773

**ENTRY AND RELEASE FORM – IHC COUCH POTATO TO 5K/10K TO BENEFIT THE IHC CAREGIVER CRISIS FUND, DECEMBER 4<sup>TH</sup>, 2010**

**\* Registration is available on Active.com at: [http://www.active.com/event\\_detail.cfm?event\\_id=1913021](http://www.active.com/event_detail.cfm?event_id=1913021)**

NAME: \_\_\_\_\_ PHONE ( ) \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE ON RACE DAY \_\_\_\_\_ MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ DISTANCE \_\_\_\_\_ 5K OR \_\_\_\_\_ 10K

**WAIVER & RELEASE:** In consideration of my entry, I, intending to be legally bound for myself, my heirs, executors, and administrators, waive and release any and all rights and claims against the persons and/or organizations affiliated with the race, any and all sponsors of the race, volunteers and committee members while participating in or traveling to and from the IHC Couch Potato to 5K/10K Run/Walk to Benefit IHC Caregiver Crisis Fund, December 4<sup>th</sup>, 2010. I further attest that I am physically fit and sufficiently trained for this event. I have read, understood, and agree to this release.

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

Your signature on the above line will be required before your registration can be processed.