

Believe in ME 5K

for Down Syndrome

"I believe in ME more than ANYTHING in this world."

Wilma Rudolph—
 Olympic gold medalist



What

5K Run/Walk (Approx 3.1 miles)

When

October 13, 2012
 9AM

Where

Harke Park
 2901 National Street (off Fremont)
 Lebanon MO

Entry Fees

Pre-Registration Deadline: September 24, 2012
 5K Run/Walk entry with T-shirt-\$20

Race Day

5K Run/Walk Entry-\$25
 Note: Race T-shirts guaranteed for pre-registration only

Pre-Registration

To be pre-registered your completed registration form must be received before September 24, 2012.

Please make checks payable to:

S.C.A.N.

Please mail checks to:

S.C.A.N.

238 S. Jefferson

Lebanon, MO 65536

Attention—Heather Becker

Race Day Information:

Registration time: 8:30-race time at the park

Start Time:

9AM

Awards Ceremony: 10-10:30 AM

Awards

Over 18, 1st place, Male/Female
 Other age groups: Under 6 1st place
 6-8 1st place
 9-12 1st place
 10-13 1st place
 14-18 1st place

Additional Information

A silent auction will also be held at the park.
 5k is sponsored by S.C.A.N. (Supporters of Children with Additional Needs) an all inclusive support group for additional needs children and families that includes siblings in all activities. All profits will be donated to Down Syndrome Group of the Ozarks

Donations

If you would like to make a monetary donation please make check out to:

S.C.A.N.

And mail to address on this form.

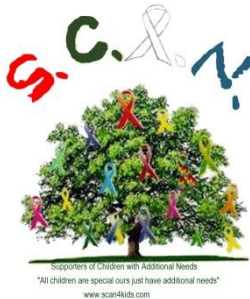
Registration Form

Please fill out the form attached to this sheet.

REGISTRATION FORM

ONE FORM PER PERSON

PLEASE PHOTOCOPY AS
NEEDED



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**October 13, 2012 9AM Harke Park Lebanon MO—Believe in Me 5K
Run/Walk**

Please fill out a separate form for each family member.

Male

Female

First Name (please print)

Last Name

Age (on day of race if under 18)

Address

City/State/Zip

Phone #

Email

T-shirt sizes:

- Child small Child medium Child large
 Adult small Adult medium Adult large
 Adult XL Adult XXL

Note: Shirts are provided to all pre-registered participants. Those registering on site Oct 13, are not guaranteed a shirt or correct size.

Registration:

- Individual Registration
\$20 before Sept 24*
 Onsite Registration \$25

WAIVER AND RELEASE STATEMENT 5K Fun Run (All Athletes must read and sign)

5K Run/Walk: I have read the accompanying event information and understand the policies of the event. I know that running and walking a trail race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with my voluntary participation in this event, including but not limited to, falls, contact with other participants, the effects of the weather, including extreme temperatures, traffic and all conditions of the trail, all such risks being known and appreciated by me.

Knowing these facts, and in consideration of your accepting my entry, I for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue and WAIVE, RELEASE AND DISCHARGE S.C.A.N., Believe in ME 5K Run/Walk, the City of Lebanon, all sponsors, race officials, workers or volunteers, their representatives, successors or assigns for ANY AND ALL claims or liability, whether foreseen or unforeseen, for death, personal injury or property damage arising out of, or in the course of my participation in this event. I further grant full permission to the above mentioned sponsors, organizers and or agents authorized by them, to use any photographs videotapes, motion pictures, recordings or other record of the event for any reasonable purpose.

Signature of Participant

Date

(or signature of Parent or Guardian if entrant is age 17 or under)

* Check enclosed and made payable to S.C.A.N. and mailed to 238 S. Jefferson Lebanon MO 65536