



September 9, 2017 - 8:00 A.M.

Date & Starting Time: 8:00 a.m. Saturday, September 9, 2017

Registration: Early 5K Registration is \$15 through August 25, 2017. Register by the early registration deadline to guarantee a t-shirt! Regular 5K registration is \$20 August 26, 2017 through September 8, 2017. Late 5K registration is \$25 on race day. REGISTER EARLY! Register online at www.bentonumc.org/Tom5K or at Benton United Methodist Church at 4615 Palmetto Road, Benton, LA. You can also deliver your application and payment to John Rutledge at 1216 Big Pine Key Lane, Benton, LA (deposit it in the mailbox at the side door) or call John at 318/464-7676.

Phantom Runner: Can't make it to the race? Show your support by signing up as a Phantom Runner during early or regular registration. You will get a t-shirt and race packet without breaking a sweat! Pick up before or after the race! (See below)

T-shirts & Race Packet Pick-Up: Packet pick up will be held at Benton United Methodist Church on Friday, September 8 from 9:00 a.m. -2:00 p.m. You may also pick up your packet on Race Day at the race site from 7:15 a.m.-7:45 a.m. or during church office hours after race day (Monday-Thursday 8:30 AM-4:00 PM or Friday 8:30 AM-12:00).

Race Course: NEW LOCATION! The course will start Benton United Methodist Church, 4615 Palmetto Rd., Benton, and take you through the scenic Woodlake South subdivision.

Awards: Overall Male & Female winners and Male and Female winners in each age group will receive awards.

Age Group Awards: 13 and under, 14-19, 20-29, 30-39, 40-49, 50+

Post Party: Be sure to stay after the race for refreshments and awards!

Special Note: Strollers, wagons, baby joggers, and any hand pushed or pulled vehicle will be allowed on the course at a walk pace capacity only. Absolutely NO in-line skates, roller skates or runners with baby strollers will be allowed on run course.

Waiver & Release

In consideration of my being admitted to enter The Ready, Set, Breathe Fun 5K Run/Walk, I, for myself, my heirs, and assigns, executors and administrators, do hereby forever release and discharge Benton United Methodist Church, the Tom Rutledge Family, their employees and agents, of and from any and all claims or demands for damages, injuries, or liability, in any manner arising out of participation in this event. I agree to indemnify and hold harmless the parties released above from any claims or demands for damages, for injuries or liability, in any way arising out of my participation in this event. I certify that I have prepared myself for this race and that I am in adequate physical condition to complete the event I have entered. I agree to follow all rules of this race and to permit myself be removed from the competition if in the opinion of race management that continuing would endanger my health.

The Ready, Set, Breathe Fun Run & 5K – September 9, 2017

Last Name _____ First Name _____

Address _____ City _____ Zip Code _____

Birth Date ___/___/___ Male or Female (circle) T-Shirt Size (circle) YS YM YL S M L XL XXL (add \$2.00) XXXL (add \$2.00)

Phantom Runner _____ I understand and agree to all conditions of waiver _____

Parent/Guardian Signature for participant under 18 years old _____

