**VERSAILLES TOTAL FITNESS**

&

 **KS95.1**

Present the

**4th Annual GIVE ‘EM THE BIRD**

**5K RUN & 1 MILE WALK**

*A Family event that takes you through beautiful downtown Versailles!*

**Proceeds will benefit our local food pantry for those in need for the Holidays!**

When: Saturday November 1, 2014 at 9:00 a.m.

Where: Versailles Total Fitness, 131 N. Monroe St., Versailles, MO

Top Overall 5K Male and Female will get $100. cash prize! Medals for top 3 5K runners in each age group! (10 year increments). $5. Chamber Bucks for each registration.

Mail or take form to Versailles Total Fitness, 131 N. Monroe Street, Versailles, MO 65084

Packet pick up: Friday (10/31) @ VTF from 8 a.m.-5 p.m. and race morning 7:00-8:45 a.m.

**Last Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_First Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**City\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State\_\_\_\_\_\_\_Zip\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Sex M \_\_\_\_ F\_\_\_\_ Date of Birth \_\_\_\_\_/\_\_\_\_/\_\_\_\_\_\_ Age on Race Day\_\_\_\_\_\_**

**T-shirt size S\_\_\_ M\_\_\_ L\_\_\_ XL\_\_\_ XXL (add 1.50)\_\_\_\_ Today's Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Event you are participating in: 5K Run\_\_\_\_\_\_\_\_\_ 1mile walk\_\_\_\_\_\_**

**There will be a 1/4 mile Fun Run for younger children following the 5K/1mi race. All Fun Runners will receive a ribbon. No entry fee/no tech tee**

**Parents will need to run/walk with small children during the Fun Run. The Fun Run is to encourage young runners and to give them the sense of accomplishment in crossing the finish line. So cheer hard for these little ones!**

**Check out**[**vtotalfitness.com**](http://vtotalfitness.com/) **for the race route and other great Info including a video from last year!!!**

**Waiver of Liability**

**In consideration of my entry into the competition I, intending to be legally bound, do hereby for myself, executors and administrators waive, release, and forever discharge any and all rights and claims for damages, including any claims for loss, damages, or injury to my person or property arising out of my performance or failure of performance, from Versailles Total Fitness, The City of Versailles. Ready Set Results, ks95.1, as well as the owner of the site of competition I may be participating in; their agents, employees, representatives, successors and assignees. I agree to follow all rules of this run and to permit myself to be removed from competition if, in the opinion of the run medical personnel, my continuing would endanger my health. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. \*Race is rain or shine. Unfortunately, if you are unable to participate after registering, fees cannot be refunded and registration cannot be transferred.**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Athlete’s Signature or Parent/Guardian’s Signature**

**Entry Fee: $25 Race Day Registration: $35**

**All 5K and 1Mile participants signed up by October 15, 2014 are guaranteed a long sleeve tech tee!**