



Registration: 6:45-7:45 am
 5K Walk/Run: 8:00 am

Entry Fee
 Before June 29 - \$10
 After June 29 - \$15

Mail Entry to:
 FHSU Cross Country
 c/o Jason McCullough
 600 Park Street
 Hays, KS 67601

SATURDAY, JULY 4th

Hays, Kansas
 4th & Main Street
 (Hays Aquatic Park)

Includes
 Wild West T-Shirt
 & Fun Awards!

For more Info:
**Jason
 McCullough**
785-259-5349

www.fhsu.edu/athletics/crosscountry

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Age (on July 4, 2009): _____

T-Shirt Size: S M L XL 2XL

Please Check	
5K Run: ____	5K Walk: ____
Male: ____	Female: ____

Race Application Waiver
 I know running/walking a road race is a potentially hazardous activity. I should not enter 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 event. I assume all risks associated with this event including, but not limited to: falls, contact with other participants, effects of the weather, including high heat and/or humidity; traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the City of Hays and all volunteers, sponsors and professionals associated with this event from all claims or liabilities of any kind arising out of my participation in this event even though liability may arise out of my negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ **Date:** _____
Parent's Signature (if under 18 years of age): _____