# The Columbia *KIWANIS* Club Presents:
# *COLUMBIA DAZE*
# *6TH ANNUAL 5K RUN/WALK*

Proceeds to benefit Columbia Cross Country Program and KIWANIS Community Youth Programs.

For more information, please contact Lauren at 618.567.4798 or at lcnobbe@gmail.com

***Race to be professionally timed by Toolen's Running Start - results posted 30 minutes after race**

Medals for 1st, 2nd, and 3rd place finishers - Water & Snacks provided!!!!

**When:** Saturday, August 20, 2011
Registration begins at 7:30 am
Race starts at 8:30 am

**Where:** Columbia High School
(Football field/track)
100 Parkview Dr., Columbia , IL

---

## 2011 INDIVIDUAL MAIL-IN REGISTRATION FORM

Entry Fees (if postmarked by August 6th) 15 years and up: $17 14 years and under: $12

Registration Fee on Day of Event 15 years and up: $20 14 years and under: $15

Check only one: ☐ 5K Run ☐ 5K Walk

Name: _____
Last First MI

Age: _____ Birthdate: _____ Gender: ☐ Male ☐ Female
Age on August 21, 2011 MM/DD/YY

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____ Email: _____

**T-shirts guaranteed with pre-registration only**

T-SHIRT SIZE Small ☐ Medium ☐ Large ☐ X-Large ☐ 2X-Large ☐

**Waiver:** I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in this event including, but not limited to; falls, contact with other participants or spectators, the effects of the weather (including heat or high humidity), traffic or the conditions of road surface, all such risks being known and appreciated by me. Having read this waiver and knowing these facts an in consideration of your accepting my entry, I, for myself and anyone entitled to act for my behalf, waive and release the Columbia KIWANIS and all sponsors of the event, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that laiability might arise out of negligence or carelessness on the part of the persons named in this waiver. *I have read and agree to the above.*

Signature: _____ (if you are under the age of 18, parent must sign her for you)

Please send registration form and payment to:

**Make checks payable to Columbia KIWANIS Club**

Columbia KIWANIS Club
C/O Lauren Nobbe
113 W. Gundlach
Columbia, IL 62236

To RSVP by email:
lcnobbe@gmail.com