



# TIME FOR HARVEST

2nd Annual

## 5K RUN/WALK

### Saturday, November 6, 2010

HOSTED BY THE ROCC

Proceeds will be used for food baskets for families in need at Thanksgiving and Christmas. We know and realize there is no greater gift than that which you can gift another who is just trying to survive and feed their family this holiday season.



- Registration begins at 7:00am
- Race horn at 8:00am
- Race begins and ends on Seymour Square



### 1st, 2nd and 3rd place medals

Age groups: 0-10, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & up

### Prizes awarded for 1st Place

Male and Female



Pre-registration • \$15 per person • \$20 per person on race day • T-Shirt given to all runners

Name: \_\_\_\_\_ Sex (M/F): \_\_\_\_\_

Address: \_\_\_\_\_ Age: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Shirt Size: Adult Size: S M L XL XXL XXXL

(Circle One)

Youth Size: S M L

Make checks payable to:

**The ROCC**

(417) 935-9111

437 N. Main St.

Seymour, MO 65746

or contact: [deejohnson35@yahoo.com](mailto:deejohnson35@yahoo.com)



Waiver of Responsibility: I assume full responsibility for running in traffic on the course during this event, as well as, any and all other risks associated with competing in this event, including falls, body contact, injury, illness or even death. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown that may go against the ROCC (Regional Outreach Christian Center) and any and all sponsors. The undersigned further grant full authorization to use photos, videotapes, recordings or any other record for publication or media use. Applicants for minor accepted only with a parent or guardian signature.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature (guardian if under 18 years of age)

Please mail check and form to the ROCC