

Step It Up Stampede

**5K Fun Run and 1 Mile Fun Walk
Saturday, June 7, 2008**

Hosted by

LifeCare Fitness Center Onaga

a division of Community Healthcare System, Inc.
120 W. 8th Onaga, KS 66521 785-889-4256

- Registration at 6:30am, 5K Fun Run at 7:00am, 1 Mile Fun Walk at 7:05am
- \$15 registration fee (children eleven and under are free to race or walk with a registered adult, \$10 for a T-shirt if they would like one)
- **New this year! Family Rate!** \$54 for a family of four, 10% savings!
- Participants receive a T-shirt and race packet goodies, bottled water, and a nutritious snack.
- Many excellent door prizes will be given away
- Medals and trophies given to top finishers in age/gender categories
- Pre-register at the fitness center or call or email to have a registration form mailed to you.

Sponsors

Road ID
Pepsi Cola Bottling Company

Questions? Call 785-889-4256 or email c.koelzer@chcs-ks.org.