

# 11th Annual Alert Road Race

10K and 1 mile

## Saturday, June 20, 2009

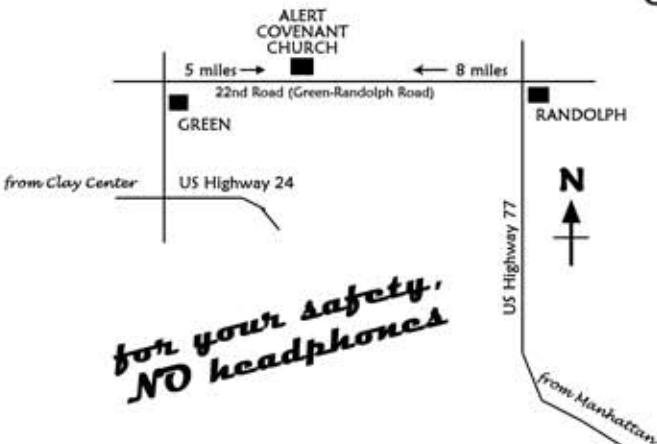
registration from 6:30 to 7:20 a.m.

### 10K starts at 7:30 a.m. - 1 mile starts at 9:00 a.m.

presented by the

## Alert Covenant Church

in the country between Green and Randolph - 8 miles West of Randolph or 5 miles East of Green on the Green-Randolph Road.



For more detailed directions, call: Pastor Dwight Diller (785) 944-3416 or Marc or Teresa Moore at (785) 944-3681 or (785) 630-0977 or e-mail: gotyergoat@twinvalley.net

### Spectator's contest!

Some fun for your loyal supporters! Race fans are invited to decorate lawn chairs, wear costumes, and make up cheers or provide music to entertain the runners. You are welcome to position yourself along the course or at the finish.

### Chow, baby!

Light breakfast and awards for everyone

**10K Run/Walk:** The 10K course is a wheel-measured course that starts at the top of the hill just west of the church and makes a rectangle, finishing in front of the church. Water stops are provided. The course includes about 2 miles of pavement with the remainder on gravel/dirt backroads with a few challenging hills. If there is rain, come prepared for mud. Trophies for the first three male and female finishers with awards to the next three finishers in each age division. T-shirts are included in the entry fee for all participants.

**1 Mile Run/Walk:** The 1 mile course is out and back on paved roadway. Trophies for the first three male and female finishers with awards to finishers in each age division.

### Age Divisions

#### 10K:

14 & under 15-19 20-25 26-30  
31-40 41-50 51-60 61-70  
70 & over

#### 1 Mile:

6 & under 7-9 10-12 13-15 16-19  
20-25 26-30 31-40 41-50  
51-60 61-70 70 & over

We must receive your entry by June 8, 2009 in order to provide your t-shirt on race day

mail entries to:

Marc & Teresa Moore, 1961 24th Rd., Green, KS 67447

e-mail: gotyergoat@twinvalley.net Got questions? call (785) 944-3681 or (785) 630-0977

**ENTRY FEES:** \$10 for either race, includes t-shirt. \$13 if received after June 8, 2009

Name (print) \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_ **MALE** **FEMALE** **EVENT: 10K** **1 Mile**

**T-SHIRT SIZE:** Little Kids: 10-12 14-16 Adults: Small Med Large XL XXL (\$2 extra)

Make checks payable to: **ALERT YOUTH FELLOWSHIP**

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators waive any and all rights and claims for damages I may have against sponsors, coordinating groups and any individuals associated with the event, their representatives, successors and assigns for any and all injuries suffered by me in connection with said event. Also, none of the above are responsible for the loss of personal items or for any other form of aggravation in connection with said event. In filling out this form, I acknowledge that I am an amateur in such events. I also give my permission for the free use of my name and picture in any broadcast, telecast or print media account of this event. In filling out this form, I acknowledge that I have read and fully understand my own liability and do accept the restrictions herein.

Signature \_\_\_\_\_ Parent or Guardian Signature \_\_\_\_\_  
If under 18