

Italian Stallion Stair Race

Sponsored by Punch Boxing and Fitness & The Oread
Sunday, January 20, 2013 @ 10:00 AM



ENTRY FORM

Last Name: _____ First Name: _____

DOB: ____/____/____ Cell #: (____) _____ - _____

Age _____ Novice Level _____ **OR** Expert Level _____

Email: _____

Address: _____ Apt#: _____

City: _____ State: _____ Zip: _____

Entry Fee:-please circle

Before 1/11/13 **\$25/person w/meal** OR \$20/race only

After 1/11/13 \$35/person w/meal OR \$30/race only

____ Check Enclosed ____ Cash Enclosed
____ Credit/Debit Card _____

Exp. ____/____ CVS ____ Signature _____
____ Bill my account – Punch Members Only

Drop entries off at PUNCH or The Oread Hotel

4931 W. 6th St. Ste118 1200 Oread Avenue

Available on www.punchboxingandfitness.com

www.facebook.com/punch.lawrence 785.856.7862

Punch Boxing + Fitness & The Oread shall not be liable to participants for any claims, demands, injuries, damages, or actions arising due to injury to participant's person or property arising out of or in connection with the use by participant of the services, facilities, and premises of The Oread. Participants hereby hold Punch boxing + fitness & The Oread, its officers, owner, agents and employee harmless from all claims which may be brought against them by participant or on participant's behalf for any such injuries or claims.

Signature: _____ Date: ____/____/____

FUNDRAISER

The proceeds will benefit the families of the Topeka Police Officers Cpl. David Gogian and Officer Jeff Atherly and Lawrence Police Blue Santa

Race Information

Runners will be placed into age divisions with 5 runners to a heat starting every 30 seconds. The race is from the bottom of The Oread starting in the Cave up 13 floors-238 steps. The finish is through the doorway to the Nest.

Age Divisions-10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Weather permitting on the terrace PUNCH instructors will be on hand with demo stations of various PUNCH classes.

After all the heats are completed we will have an awards ceremony and *baked potato-chili buffet in the ballroom approximately 11:15 AM.

*Baked Potato Bar included with the meal option

PUNCH is more than just boxing. We are about family fitness. If you have small children ages 4-10 bring them to the Four Season's Den on the main level while they enjoy youth fitness while you compete in the stair run.

RACE CHECK IN: 9am in the private room of The Cave Level P4

ENTRY DEADLINE: January, 11, 2013

Race Directors-Becky Bridson- becky@punchboxingandfitness.com
Krista Thomas- kltrun@yahoo.com