

The Boy Scouts of America and Leadership 310 Presents:

# "RUN FOR YOUR LIFE"

**5K - Halloween Costume - Walk/Run**

Date: Saturday, October 24, 2009

Registration at 9:00 a.m. - Race at 10:00 a.m.

**Fort Hays State University Memorial Union, Hays, KS  
West Parking Lot - Time: 10:00 A.M. - Prizes Obtainable!**

*Costumes Optional*

**PRIZE for best costume!**

#### ENTRY FEES

Early Bird Special: \$20 per Participant and \$60 for team of four.

Deadline: Wednesday, October 21st.

T-shirt & Snacks provided to all participants

Day of Race: \$25 per participant and \$70 for team of four.

For Information Contact Troop 310 of the FHSU Leadership 310 Course

E-mail us at: [ldrstroop310@yahoo.com](mailto:ldrstroop310@yahoo.com)

Team Contact Member: Jenna Johnson

Department of Leadership (785) 628-4303



*"The groundwork of all happiness is good health."*

Forms can be picked up at the following locations:

- + FHSU Leadership Dept. - Rarick Hall 235
- + Human Health & Performance Office CH139
- + Tiger Wellness Center
- + Forsyth Library
- + Nex-tech - 2418 Vine St.
- + Hays Recreation Commission, 1105 Canterbury Dr
- + Curves - 1702 Vine St.
- + McMIndes Hall- FHSU - Front desk

Make Checks Payable to "TROOP 310" and Mail Entries To:

FHSU- Department of Leadership ATTN: Jenna Johnson  
600 Park Street, Hays, Kansas 67601



Kippes Insurance

World of Wheels

Advanced Chiropractic Center, P.A.

Auto World

Northwestern Office Suppliers

Wildcat Pump and Supply

Roger Neitzel Heating & Cooling - St. Francis, KS

Hays Storage



Fort Hays State University Leadership Field Work Class



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*Costumes Optional*

**What:** 5K run benefiting the Boy Scouts of America in Northwest Kansas and community members in Ellis County.

**Where:** Fort Hays State University in front of the Memorial Union (Parking Lot) with registration beginning at 9:00A.M.

**Why:** Help support the Scouting program and Leadership 310 course offered at FHSU to promote healthy lifestyles among all ages.

**Who:** Anyone in the community that enjoys running and would like to compete against others and their own times.

**How Much:** \$20 per person for cost of registration includes t-shirts, snacks, ribbons, and trophies. \$60 for team of four, \$25 to register on the day of the event. Prize for best costume!

**When:** Saturday, October 24<sup>th</sup>, 2009, race beginning at 10:00A.M.

Please mail the following information & payment to:

TROOP 310, Leadership Department - FHSU, 600 Park St, Hays, KS 67601. Make checks payable to TROOP 310, Memo 5K.

Name \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ F \_\_\_\_\_ M

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

I would like to do the 5K Run \_\_\_\_\_

Early registration is \$20 by October 17<sup>th</sup>, 2009 & \$60 for team of 4: Individual \_\_\_\_\_ Team \_\_\_\_\_

Team Name \_\_\_\_\_ Age: \_\_\_\_\_ 11-15 \_\_\_\_\_ 16-20 \_\_\_\_\_ 21-Up

T-Shirt Size: Adult Small \_\_\_\_\_ Adult Medium \_\_\_\_\_ Adult Large \_\_\_\_\_

Adult XLarge \_\_\_\_\_ Adult XXLarge \_\_\_\_\_

Please make checks payable to "Troop 310"

\*Please put a 'checkmark' on the appropriate lines

**Sponsors Include:**



## Kippes Insurance

Hays Storage  
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Wildcat Pump and Supply

Please Contact: Erin Neitzel at 785- 332-7222 or ldrstroop310@yahoo.com