

July 12, 2008

BOSS COWMAN

Fun, Run & Walk

JOIN THE FUN RUN!



Registration: 7:15 am – 7:50 am at Hands On Health Inc. 601 Main Ave

Entry Fees: \$15 thru June 20; \$20 June 21 thru July 12
Only registrations received by June 20
are guaranteed a t-shirt on race day!

Start Time: 8:00 am – 5K Run/Walk

Awards: 1st Place 5K Run by age: **Male & Female**
11 & under (must be accompanied by an adult),
12-14, 15-18, 19-29, 30-39, 40-49, 50-59, 60 & over

Fastest Overall Male & Female 5K Runner

Youngest Participant/Oldest Participant

**PRE-REGISTER TO GUARANTEE YOUR SHIRT
ON RACE DAY!**

Refreshments provided after the race for participants.

Upon submitting this entry form, I waive any and all rights and claims for myself, heirs and assigns for any personal and/or property damage I may have against the sponsors, organizers, agents, or anyone acting in their behalf for the organization of this event. The entry form will also authorize the release of my name and photo to the media.

Name _____

Phone _____

Address _____

Sex: M or F

City/State/Zip _____

Age (as of 07/12/08) _____

T-Shirt Size: S M L XL XXL YM YL
(34-36) (38-40) (42-44) (46-48) (50-52) (10-12) (14-16)

Registration Fee \$ _____
(\$15 thru June 20; \$20 June 21 thru July 12)

Email address: _____

Entry fees are payable to Boss Cowman Fun, Run & Walk. Submit completed form to:

Hands On Health, Inc. 601 Main Ave Lemmon, SD 57638 (605) 374-5844
email - handsonhealth@sdplains.com