

The Absentee Shawnee Diabetes and Wellness Program



5K



Spring run

Saturday, April 26th



REGISTRATION: 8:00 A.M./RACE BEGINS AT 8:50A.M. NO LATE STARTS.

OPEN TO THE LITTLE AXE COMMUNITY

CHECK-IN: AT THE OVAL TO THE NORTH OF THE CLINIC AT 8:00 A.M.

COURSE: THUNDERBIRD LAKE SOUTH DAM

For more information, please contact the AST Fitness Center at (405) 364-7298

The Absentee Shawnee Diabetes and Wellness Program



Spring run

Saturday, April 26th

8:50a.m./Little Axe Health Facility

Name: _____ Address: _____

City, State: _____ Zip: _____ Phone: _____

DOB: _____ Age on race day: _____ Male: ___ Female: ___

Waiver: In consideration of the acceptance of this entry I waive all claims for myself and my heirs against the sponsors, cooperating and coordinating groups and any individuals associated with this event and will hold them harmless for any and all injuries which may result from my participation. I hereby give my permission to the media to use my name and photograph in the AST newsletter without limitation or obligation. I certify that I am physically fit for this event and understand the risks involved by participating in this event.

Signature

Date

For more information, please contact the AST Fitness Center at (405) 364-7298