

Kasey's Heart & Soul: Run, Walk & Roll

10K, 5K and 1 Mile Walk/Run

Saturday, March 10th, 2012

TIME: Race Day Registration begins at 6:45 am
 1 Mile begins at 8 am / 10K & 5K both begin at 8:30 am

WHERE: Races start and end at the Northwestern Collins Pavilion and Demon Commons (football practice field) where there will be music, food, and fun for everyone.

AWARDS: Immediately following race (10:30am)

CONTACT: Kristi Fredieu, kfredieu@therapyctr.com, 337-384-9791

MAIL-IN REGISTRATION: send completed forms with payment to Cheryl Menou, 207 Sidney Street, Natchitoches, LA 71457

ONLINE REGISTRATION: www.imathlete.com/events/KaseysHeartSoulRunWalkRoll

MAKE CHECKS PAYABLE TO: Kasey Joelle Ragan Memorial Fund



ENTRY FEES:	Pre-Registration	Day of Registration
1 Mile Walk/Run	\$20	\$25
5K Walk/Run	\$30	\$35
10K	\$30	\$35
Virtual Runner	\$20	\$20

*Virtual Runner is an option for those who do not wish to walk/run, but still want to participate by donating to a great cause. Virtual runners are encouraged to come and cheer on the efforts of the runners on race day and will receive a race t-shirt.

*Pre-registration entry fees includes a race t-shirt and goodie bag (guaranteed if registered by February 24th, 2012)

100% of net proceeds from this event will be used to send local youth to Lions Camp, provide scholarships to graduating campers and to provide for the needs of hosting Lions Camp each year.

Kasey's Heart & Soul Run, Walk & Roll: 1-Mile, 5K Run/Walk, 10K Registration Form (Each participant will need a separate registration form)

Circle Event: 1Mile 5K 10K Virtual runner

Name: _____ Phone: _____

Address _____

City: _____ State: _____ Zip: _____ Email: _____

Gender (circle one): Male Female Age on 3/10/12: _____

T-Shirt Size: (Circle one) S M L XL XXL Kid sizes YS YM YL

(Shirts will only be guaranteed for pre-registered participants)

WAIVER: In submitting this entry, I intend to be legally bound for myself and the registrants listed above, my/our heirs, executors and administrators, and I do hereby waive, release, and forever discharge the City of Natchitoches, and all event sponsors, volunteers, and their directors, agents, successors and/or assigns for any and all injuries suffered by me/us at this event, while traveling to and from the event or while participating in the event. I understand that I/we may be photographed and agree to allow my/our photos or film likeness to be used for any legitimate purpose by the aforementioned parties.

Signature: _____ Date: _____

Guardian Signature: _____ (Required for participants under 18 years old)