

15th Annual Nutrition 5K & Kid K

for more information or to apply online, visit www.neighborhood.coop

All proceeds benefit Good Samaritan Ministries Food Pantry & Soup Kitchen. No one should go hungry!

BIB #	(Race officials will fill in)

5-year age groups



Saturday, April 13 Evergreen Park, Carbondale

7:45 to 8:45 - 5K Registration
7:45 to 9:30 - Kid K Registration
9 - Race begins
9:45 - Kid K Races Begins
10:30 - 5K Awards Ceremony

-ALL RACERS-

Print clearly and complete all parts of the form.
All racers must register to run.

Last Name: _____ First Name: _____

Address: _____ Co-op Owner # _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Email: _____

5K (starts at 9 a.m.)

Pre-registration submissions must be postmarked by April 10

Gender: Female _____ Male _____ Age on Day of Race? _____

Pre-registration is \$13 for Co-op Owners & \$15 for non-owners.

Day of Race Fee is the same - \$13 for Co-op owners and \$15 for non-owners.

Adult T-shirt size - Small _____ Medium _____ Large _____ X-Large _____

Kid K (starts at 9:45 a.m.)

Gender: Female _____ Male _____ Age on Day of Race? _____

KID K Race Fee: \$7 (with Cheeky Monkey shirt). Run FREE (no Cheeky Monkey shirt)

Children's T-shirt size - Small _____ Medium _____ Large _____

Make checks to : Neighborhood Co-op Grocery
Mail completed form to:
Jerry Bradley
Neighborhood Co-op Grocery
1815 West. Main St.
Carbondale, IL 62901



T-shirts available to first 175 adults who register!

For more information call
Jerry Bradley at 618-967-4196
or Maryanne Chrisman at 618-549-4265.

SIGNATURE IS REQUIRED TO RACE

I agree the undersigned is in adequate physical condition and properly trained to participate in the above-mentioned event. I hold harmless the race sponsors, volunteers and others associated with this event and release them from all liability. By signing this form, I give permission for photographs and video to be taken of me and be used for promotional purposes by the sponsors of this event. IF UNDER 18, SIGNATURE OF PARENT IS REQUIRED.

SIGN IN BOX

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