

2nd Annual

# MILLWOOD

for

# 5K Wellness RUN



**FAMILIES, first-timers, Fanatics & FUN!!**

### This Year Benefiting:



**West Valley Foundation** *Enhancing educational opportunities provided to*

*West Valley students. Helping young people continue their education, successfully learn, and maximize their potential.*

### SPONSORED & ORGANIZED BY:



**When: August 21, 2010 - 9 am**

(Registration and pick-up Aug. 20 – 10 am-7 pm at Anytime Fitness or **Aug. 21 – 8 AM AT EVENT.**)

**Where:** Millwood, WA - Marguerite & Euclid

**Course: (Start)** Marguerite – Liberty – Coleman – Bridgeport – Park – S. Riverway – Sargent – Liberty – Dale – S. Riverway – Marguerite **(Finish)** 5 Kilometers = 3.12 Miles total.

**Amenities:** T-shirt (guaranteed for all pre-registered participants), lots of door prizes, refreshments, and awards.

**Entry Fee:** \$12 (due on or before August 6). **Early bird entrants get two chances to win door prizes.** Late registration fee (after August 6) is \$15. **FAMILIES** pay \$30 (Late fee is \$40).

**Age Groups:** 10 & under, 11- 14, 15-19, 20-29, 30-39, 40-49, 50+

**Awards:** Awards for the top 3 winners overall and for the top 3 winners in each age-group winners in Runner category. Top 3 overall in Walker category win awards as well. **LOTS of Door Prizes** are open to all participants and the grand prize is something **EXTRA SPECIAL!! Early birds get 2 entries in drawing.**

**Make checks payable to:**

**Anytime Fitness in c/o WV Foundation**

**Turn-in Registration forms and fees to:**



**8901 E. Trent Suite 107  
Spokane Valley, WA 99212  
509.315.5023**

## 2<sup>nd</sup> Annual Millwood 5K Wellness Run Registration Form 2010

PLEASE CIRCLE PREFERENCE: RUNNER or WALKER

Name: \_\_\_\_\_ Age (on 8/21/2010): \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ E-mail address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

**T-shirt size (circle one):** Youth S M L Adult S Adult M Adult L Adult XL Adult XXL

**Entry Fee:**  \$12 (due on or before August 6)  \$15 Late registration fee (after August 6)  \$30 Family Rate. (\$40 Late fee)

I hereby certify that I am adequately fit to participate in this event. In consideration of the acceptance of this entry, I, the undersigned, for myself, my personal representative, beneficiaries, and heirs, knowingly waive, release, and discharge any and all rights and claims which I have or may have hereafter accrue to me or my estate against the *Millwood 5K Wellness Run, Habit, LLC dba Anytime Fitness, The Mellow Monkey Yoga Studio* and/or any other sponsors, organizers, volunteers and assigns for any and all injuries or death suffered by me in this event. I will also allow my picture and name to be used in publications as a result of this race.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(A parent or legal guardian must sign for all participants under the age of 18.)

**REGISTER IN PERSON OR ON LINE : [millwood5k.com](http://millwood5k.com)**

I would like to donate an additional \$ \_\_\_\_\_ to the **West Valley Education Foundation**