



**Race Start and Finish:**

Wathena Elementary School  
 (north side behind track)  
 705 Jessie St.  
 Wathena, KS 66090

**For information call:**  
**(816) 364-0574**

**Start Times:**

**5k/10k: 8:00a**  
**Kids fun run: 8:30a**

Proceeds to be used for purchasing of class  
 room supplies and other items that will  
 directly benefit the students of Wathena  
 USD 406

**Entry Fees:**

5k -- \$18  
 10k -- \$20

Kids Fun Race (1 Mile) – Free!!

\*\*add \$5 on race day registration (starts at  
 6:30 am)

**Checks payable to: Wathena FCA**

**Course:** Rolling to Moderate Hills

**Awards:** Top Male and Female overall in 5k  
 and 10k, medals to top three in each age  
 group.

**All results will be available at:**

[www.wathenaschools.org](http://www.wathenaschools.org) and  
[www.runningforthefuture.com](http://www.runningforthefuture.com)

**Fundraisers: Those interested in  
 participating in the fundraising campaign,  
 please visit:**

[www.active.com/donate/runningforthefuture](http://www.active.com/donate/runningforthefuture)

There will be a \$50 cash prize awarded to the  
 top fundraiser on the day of the race.

Both the 5k and 10k courses are USATF  
 certified.

**Discounted Online Registration at**

[www.runningforthefuture.com](http://www.runningforthefuture.com)

**Entry Form**

**Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Sex:** M or F

**Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **St:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Age Group:** 5-9 10-19 20-29 30-39  
 40-49 50-59 60-69 70 and above

**Race:** 5k 10k Kids Run

**Amount Enclosed:** \_\_\_\_\_

**Shirt Size:** XS S, M, L, XL, XXL

**Waiver:** I know that running/walking in a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in the RUNNING FOR THE FUTURE WALK/RUN on SEPT 5 2009, including but not limited to falls, contacts with other participants, the effects of the weather including high heat and/or humidity, low temperature, traffic and conditions of the road, all risks being known and appreciated by me. Having read this release and knowing these fact sand in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf or on behalf of my estate, waive and release JIM CERA, DAVID ERNST, CURTIS KRUSE, CHRIS HEWINS, CITY OF WATHENA, WATHENA USD 406 and all sponsors of the race, any other persons assisting with the race, the officers, board members, agents, servants, employees, and their successors and assigns of each and every of the above from all claims or liabilities of any kind arising out of my participation in the run/walk even though the liability may arise out of negligence or carelessness on the part of the persons referred to in this waiver. I also realize that in the event of cancellation for any reason outside of above listed persons control, there will be no refund of entry fees.

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

**Parent Signature (if under 18):**

\_\_\_\_\_

Running for the Future  
3119 Duncan St  
Saint Joseph, Mo 64507



# WATHENA, KS

## SEPT 5, 2009

Presented by:



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