

WAIVER OF LIABILITY:

I, for myself, my heirs, executor, and administrator, waive and release any and all rights and claims for damages I may have against the officials, directors, sponsors, and representatives of the Run, which include the El Dorado Prairie Port Run Committee and Susan B. Allen Memorial Hospital, for any and all injuries suffered by me in this event. I attest that I am physically fit and I am aware of all the dangers and precautions that must be taken when walking/running outside and I have sufficiently trained for my participation in this event. I also agree to abide by any decision of an appointed medical official relative to my ability to safely continue to complete the event. If participant is under 18, a parent or guardian's signature is required.

Participant/Guardian Signature

Date



**THE LAST FULL
WEEKEND IN JULY**

*THE 16TH ANNUAL
RUN FOR YOUR LIFE
JULY 25, 2009*



SPONSORED BY:



**Susan B. Allen
Memorial Hospital**

Certified 5K: 7:00 a.m.
1 Mile Predict: 8:00 a.m.

**16th ANNUAL "RUN FOR YOUR LIFE"
2009 EL DORADO PRAIRIE PORT RUN
July 25, 2009**

**SPONSORED BY:
SUSAN B. ALLEN MEMORIAL HOSPITAL**

LOCATION: Susan B. Allen Memorial Hospital
720 W. Central Avenue
El Dorado, Kansas 67042

EVENTS: Certified 5 Kilometer Run (3.1 Miles)
Start Time: 7:00 a.m.

1 Mile Predicted Time Walk/Run
Start Time: 8:00 a.m. (approximate)

For the 1 Mile Predicted Time Walk/Run, predict your time in minutes & seconds. All timekeeping devices (watches, walkmans, etc.) must be removed prior to the starting time.

CLASSIFICATIONS: 5K Race (Men and Women)

13 & under	35 - 39
14 - 19	40 - 44
20 - 24	45 - 49
25 - 29	50 - 59
30 - 34	60 - 74
75+	

AWARDS: **1 Mile Predict**
"El Dorado Bucks"
1st Place - \$100.00
2nd Place - \$50.00
3rd Place - \$30.00
4th Place - \$20.00

5K Race

Overall first place men and women finishers will receive an 8gb Apple iPod. The top three men and women finishers overall will receive awards. Medals will be given to the top three finishers in each age division. All children 13 and under will receive participation ribbons.

AID STATIONS: Water stations will be available at the halfway point of the 5K run and at the finish line of both events. Refreshments will be available for all runners in the finish area.

**RUN FOR YOUR LIFE
History of Winners**

<u>Male</u>	Year	<u>Female</u>
Troy Scarlett – 15:31.8	1994	Shellie Stahly – 19:29.1
Chris May – 15:36.5	1995	Sara Major – 19:26.6
Julius Wanjiru – 14:19.9	1996	Sara Major – 18:25.3
Noah Lagat – 15:19.0	1997	Brenda Underhill – 18:27.3
Noah Lagat – 15:51.3	1998	Deborah Torneden – 17:37.4
Jerry Spunaugle – 16:00.0	1999	Brenda Underhill – 19:07.0
Greg Gann – 16:25.3	2000	Erica Foltz – 19:34.3
Simon Ngata – 16:00.7	2001	Stephanie Duethman – 20:16.3
Simon Gicharu – 15:40.7	2002	Mary Kinyanyui – 19:56.1
Josphat Boit – 15:52.2	2003	Marjorie McFarland – 18:56.2
Josphat Boit – 16:03.2	2004	Sara Major – 19:52.6
Joe Gutierrez – 16:11.0	2005	Diane Nukuri – 17:06.3
Daniel Maina – 16:05.7	2006	Sharon Toroitich – 20:47.7
Andrew Topham – 16:19.9	2007	Liz Rea – 19:45.5
David Kimani – 16:01.4	2008	Kate Topham – 20:36.1

RUN FOR YOUR LIFE ENTRY FORM

Race Date: Saturday, July 25, 2009

Name _____

Address _____

City _____

State _____ Zip Code _____

Phone (____) _____ Sex _____

Age _____ (as of July 25, 2009)

ENTRY FEE:

**Pre-registration entry fee (before July 19, 2009) - \$10.00
(DO NOT MAIL AFTER JULY 18)**

**Race-Day registration fee (begins at 6:00 a.m.) - \$12.00
Enclose \$2 extra if participating in more than 1 event.**

Send **pre-registration** entry form and fees to:
El Dorado Prairie Port Festival, Inc.

P.O. Box 184

El Dorado, KS 67042

(Waiver on back must be signed)

Make checks payable to: El Dorado Prairie Port

EVENT(S) ENTERED (please check one or both)

- 1 Mile Walk/Run Predict
 5 Kilometer Walk/Run

PREDICTED TIME FOR 1 MILE PREDICT:

Minutes _____ Seconds _____

T-SHIRTS:

All participants will receive a t-shirt.

- S M L XL XXL

For more information, call:

Becky Currier – (316) 322-4558 Gene Kimble – (316) 322-4543
El Dorado Prairie Port Festival – (316) 321-1841