

## 2010 Event Sponsors

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Friends For Michael, Inc. Spinal Cord Injury Org.  
PO Box 212  
Campbellsburg, KY 40011



2010 Kentucky Championship Series

**Mission Statement:** Our mission is to encourage and support research that will help victims overcome their spinal cord injuries as well as providing grants and activities to improve the quality of life for the individuals having this disability, providing educational spinal cord injury awareness and prevention to others and award annual scholarships to students who volunteer their time to the organization.

All proceeds from this race go toward the All-accessible playground planned for the Henry County Recreational Park in New Castle, KY.

### Directions to Henry County High School (1120 Eminence Rd. New Castle, KY)

**From Louisville:** I-71 N to Exit 28 (New Castle/Sligo). Turn RIGHT. Go to 4-way Stop. Turn LEFT (Hwy 146) Go 6 miles to next 4-way Stop. Turn RIGHT (Hwy 55/421) HCHS one mile on LEFT.

**From Cincinnati:** I-71/I-75 S to Exit 34 (Campbellsburg) Turn LEFT (Hwy 421 SE) 10 miles to New Castle through 4-way Stop. HCHS one mile on LEFT.

**From I-64 –** Exit 35 (Shelbyville) Hwy 53-55N. Hwy 55N will take you directly to New Castle (approx. 22 mi) HCHS on RIGHT



**5K Run/Walk & Wheel**

**September 25, 2010**

**9:00 AM**

**Part of the**

**2010 USATF Kentucky Association**  
**LDR 5K Championship Series**



HENRY COUNTY HIGH SCHOOL NEW CASTLE, KY

**\*Registration begins 7:15 am**

**\* \$20 day of race or \$15 if postmarked by September 18, 2010**

**\* K-12 Student Race Fees-\$10 if accompanied by a participating adult.**

\*Team (team packets available)  Individual  Run  Walk  Handcycle/Wheelchair

\*Team Name \_\_\_\_\_ T-Shirt Size S M L XL XXL Child 6-8

Male  Female 11 & under 12-19 20-29 30-39 40-49 50-59 60+ Handcycle/Wheelchair

For more SERIES information: <http://kentucky.usatf.org> or contact David Lawhorn (502) 330-1933

Men & Women who wish to participate and be eligible for cash prizes in the Kentucky Association 5k Running Series for Open and Masters must be members of THE KENTUCKY ASSOCIATION of USATF (USA Track & Field) prior to the race. Runners seeking to become members may do so online at <http://www.usatf.org/membership/> or sign up before the start of the race at the packet pickup area. If you already have your USATF Kentucky please provide your number below:

2010 KENTUCKY ASSOCIATION of USATF Membership Number: \_\_\_\_\_

\_\_\_\_\_  
Last Name First Name MI

\_\_\_\_\_  
Address

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

\_\_\_\_\_  
Phone # Email Address

\_\_\_\_\_  
Birth Date Age on Race Day

**WAIVER OF LIABILITY** In consideration of you accepting my entry, I, intending to be legally bound, do hereby for myself, my heirs, my executors & administrators, do waive and release forever any and all rights and claims for damages I may accrue against all persons and agencies involved with this race, their successors, representatives and assigns for any and all injuries suffered by me while traveling to and from and while participating in the Friends For Michael, Inc. 5K Run/Walk on Saturday, September 25, 2010, in New Castle, KY. Furthermore, I hereby grant full permission to any, or all of the foregoing to use my likeness for any publicity and/or promotional purposes without obligation of liability to me.

\_\_\_\_\_  
Signature of Applicant Date

\_\_\_\_\_  
Signature of Parent/Guardian if under 18 Date

**VOLUNTEER & INFORMATION REQUEST**

I cannot participate this year but include my donation \$ \_\_\_\_\_

I will be collecting pledges, please send an Pledge Packet

\*Please send me a Team Packet

Please call me about Volunteer Opportunities

I found about this 5K/Fun Run from \_\_\_\_\_

Mail form & registration fees to: Friends For Michael, Inc.  
P.O. Box 212  
Campbellsburg, KY 40011

Questions? Call 502-532-7979 [gregwoods@insightbb.com](mailto:gregwoods@insightbb.com) or [www.friendsformichael.org](http://www.friendsformichael.org)