Registration Form

(one form per person)

»» Mail forms to: Walk Kansas 5K for the Fight
Sharolyn Jackson, Kansas State University, Throckmorton Hall,
1712 Claflin Rd, Manhattan, KS 66506

Please make checks payable to:
Johnson Cancer Research Center

To sign up online please visit WalkKansas.org/5k

Name: _____

Address: _____

City: _____ State: _____

Phone: _____ Zip: _____

Email: _____

Gender: ☐ Male ☐ Female

Date Filled Out: _____

Shirt Size: (adult) S M L XL 2XL* 3XL*

(youth) M L XL

*2XL and 3XL sizes are an additional $2.00.

Date of Birth: _____

I am participating in:

☐ 5K (timed race) Age on race day: _____

☐ 1.5-Mile Fun Run/Walk Age on race day: _____

☐ Kids Fun Run Age on race day: _____

»» Please sign waiver below.

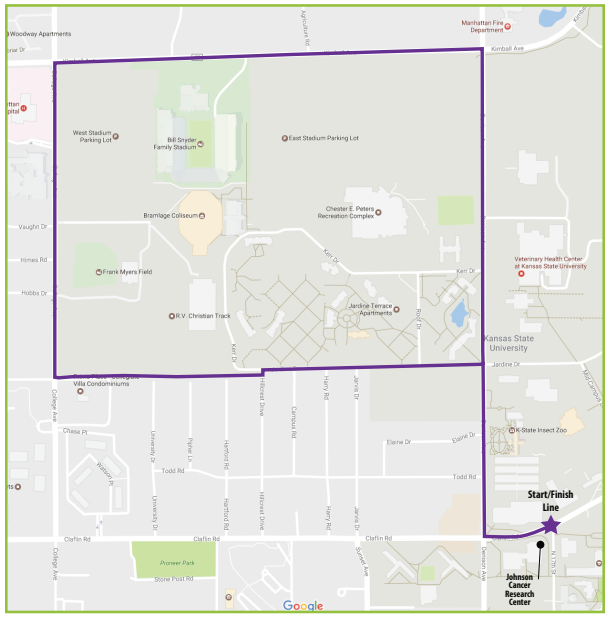
I, _____ (print name), acknowledge that my participation in the 5k Run and Fun Walk involves risk of injury, including bodily injury, and assume the risk for same. In consideration for being allowed to participate in the event, I hereby release and discharge K-State Research and Extension (KSRE), Kansas State University, KSRE – District/County and their respective directors, executive board, officers, employees, affiliates, members, agents and representatives, of and from any and all liability for injury, death, or damages and/or any other claims, demands, losses or damages, incurred by me in connection with any aspect of the 5k run and walk. I certify that I am in suitable health and capacity to participate in this program.

Signature: _____

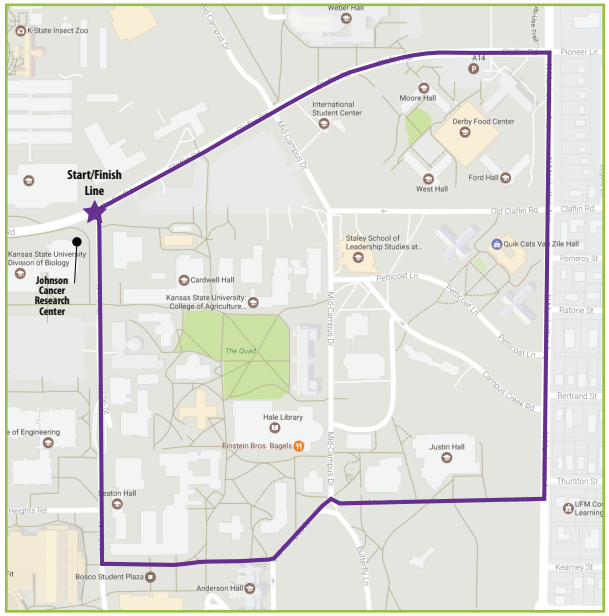
Date: _____

Routes

5k (3.1 miles)



Fun Run/Walk (1.5 miles)



Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.

3rd Annual
5K, 1.5-Mile Fun Run/Walk and Kids' Fun Run
Sat., May 5, 2018 - 9 a.m.
K-State Manhattan Campus

K-STATE Research and Extension
Walk Kansas

Kansas State University
Johnson Cancer Research Center

General Information

The acclaimed statewide fitness initiative, Walk Kansas, which is organized by K-State Research & Extension, will hold its 3rd Annual Walk Kansas 5K for the Fight and 1.5-Mile Fun Walk on the beautiful K-State Manhattan campus on May 5, 2018, and donate all proceeds to the Johnson Cancer Research Center! Both events are open to everyone, not just Walk Kansas participants.

We are so excited for this perfect partnership! Exercise, nutrition and maintaining a healthy weight all reduce cancer risk, and Walk Kansas has helped thousands of people reach fitness goals over the years. Come run or walk to support your health AND K-State cancer research!

Fees and Start Times

5K: (includes short-sleeve t-shirt)
Start time: 9:00 am
$25/person on or before 4/24/2018
Add $5 to cost of registration starting April 25 (must be post marked 4/23/2018)

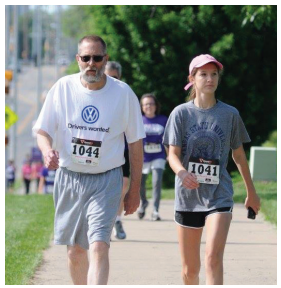
1.5 mile Fun Walk: (includes short sleeve t-shirt)
Start time: 9:05 am
$20/person on or before 4/24/2018
Add $5 to cost of registration starting April 25 (must be post marked 4/23/2018)

Kids' Fun Run: (50 yards)
Start time: 10:00 am
A free fun run for kids 10 and under has been added to the event. It will be held on the pedestrian mall right outside Chalmers Hall. All participants will get a small prize. See WalkKansas.org/5k for additional details.

Please register your child for the kids fun run to ensure we have adequate prizes for the participants.

Timing and Prizes

Timing will be managed by Manhattan Cross Country Club/Lets Go Run, which uses the IPICO chip timing system. Medals will go to the fastest 3 males and females in each age category:
19 & under
20-29
30-39
40-49
50-59
60-69
70 & older.



Medals awarded to first-place runners at 9:45

Registration

Register by mailing in the attached form or online at RunSignUp.com. All participants receive a souvenir shirt and other goodies, as well as water and post-race snacks. Registrants may create "social teams/groups"–like for towns or large families–for social purposes only.

Starting location will be the courtyard and pedestrian mall (formerly 17th St.) outside the Johnson Cancer Research Center in Chalmers Hall, 1711 Claflin Rd.

Packet Pick-up

Participant packets will be available May 4th at the Johnson Cancer Research Center (1711 Claflin Rd., Chalmers Hall, KSU campus) from 10:00 am to 5:45 pm and on race morning starting at 7:45 am.

Race Day Fun

Sunny 102.5 FM will be onsite playing music and helping emcee!

The Pride of Wildcat Land Marching Band will perform!

Use hashtag #WK5K in all your social media posts!

Special Thanks!

Manhattan Cross Country Club/Let's Go Run

Sunny 102.5 FM

The Pride of Wildcat Land Marching Band

Thank you to our sponsors for their generous donations:

Cancer Center of Kansas

LetsGoRun

sunny 102.5 FM

KANSAS WHEAT
Rediscover Wheat

BLUE DIAMOND ALMONDS

HyVee

T-shirt printing provided by: N-Zone