

Mainstreet Mile for Meals

Presented by **RunRussell**

In conjunction with Russell Economic Development

Proceeds to benefit the Russell Food Pantry's Holiday Meal Program.

This program provides packaged meals for families in Russell & Russell County

Saturday November 30th, 2013

11:30 am

Russell, Kansas

The Mainstreet Mile is a flat & fast course with No hills! The course will start & finish at the Russell County Courthouse. The courthouse is located at 4th St. & Main St. in downtown Russell.

Entry Fee is \$25.00 per competitor, PLUS each runner needs to bring Two (2) cans of non-perishable food items. These canned items will be donated to the Russell Food Pantry too!

In the spirit of the holiday seasons we invite you to dress in your favorite Holiday Attire, Grandma's Sweater, Santa outfit, Rudolph or come as an Elf, Christmas Trees are welcome too. This is a FUN event to celebrate the holiday season and raise money for a great cause. Come join in the FUN!!

We will have prizes for the Top Male & Top Female, the "Best Dressed" person and "Best Dressed 4 person team".

Release (Please Read Carefully)

I understand that engaging in any form of physical activity involves a risk of personal injury. I am in good physical condition and I have disclosed any and all conditions known to me that may impact my ability to participate in this event. I assume the risk of any injury that may result from my participation in the Mainstreet Mile for Meals, presented by RunRussell. In consideration for being permitted to participate in such an event, I hereby release, waive, and forever discharge RunRussell (including its officers, members & volunteers) & Russell County Economic Development from any claim arising from my participation in this event. Further, I release said parties from any claim arising medical treatment rendered to me in connection with my participation in this event. I hereby authorize RunRussell to act on my behalf during this event in emergency that may require medical attention.

Participant Signature: _____ Date: _____

Parent/Guardian Signature (If participant is under age 18): _____ Date: _____

T-shirt Size: S M L XL XXXL Youth Size: S M L

Name _____ Age _____ Gender _____

Address/City/State/Zip: _____

Home Phone Number: _____ Cell Phone Number: _____

Email: _____

Emergency Contact: _____ Number: _____

Make Checks Payable to: **RunRussell**, 703 E. Wichita Ave., Russell, KS 67665

Contact: Micky Johnson 785-483-9780 Scott Young 785-483-3758