

# 20<sup>TH</sup> ANNUAL RED ROCK FUN RUN -- FOR ALL AGES!

SPONSORED BY NORTHWEST HEALTH SERVICES

JULY 3, 2010 ~ 8:00 AM

5K (3.1 MILES) RUN OR WALK

Entry Fee: \$10 paid before July 3<sup>rd</sup> gets FREE T-Shirt with  
Registration

\$10 paid on July 3<sup>rd</sup> ~ No T-Shirt guaranteed

Return Completed Forms to the Mound City Clinic & Pick Up a Route  
Map!

1303 State Street, Mound City, MO 64470 ~ 660-442-5464

**New this year: Professional Digital Chip Timing!!!**



~~~~~DETACH AND RETURN TO THE MOUND CITY CLINIC~~~~~

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
\_\_Sex: F or M

Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_ &  
Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email  
Address: \_\_\_\_\_

Adult T-Shirt Size: (check one please) Small \_\_\_ Medium \_\_\_ Large \_\_\_ X-Large \_\_\_  
Other \_\_\_\_\_

I hereby waive all claims against Northwest Health Services, Inc., NHS employees and anyone connected with the event from any and all responsibility regarding any injury that I may incur as a result of my participation in the 20th Annual Red Rock Fun Run. I understand that first aid will be made available, but Northwest Health Services is under no obligation to provide free medical treatment other than basic first aid (treatment of blisters, dehydration, heat...).

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_  
\_\_\_\_\_

Parent/Guardian  
years) \_\_\_\_\_

(if

under

18

**NO REFUNDS**

RACE BEGINS AT **8** A.M. SHARP!

**LATE REGISTRATION JULY 3<sup>rd</sup> FROM 6:30-7:30 A.M. ~~ Fun Run Starts and Finishes**  
in front of the old Mound City Clinic located at 502 State Street, Mound City.