

Nutri-Run 20k/5 mile

**30th Anniversary 20k run
5 mile run/walk
Location: 2505 West Hamilton
Rd., Fort Wayne, IN 46814**

Date: March 27th, 2010

Time: 11 am start

Pre-register by: 3/17/2010

Entry fees:

- \$13.00 FWTC members until 3/17/2010
- \$15.00 Non-members until 3/17/2010
- \$20.00 for all after 3/17/2010 or \$18.00 race day w/ non-perishable food donation for "In As Much Ministry"

**Registration: You can register any-time at www.allsportscentral.com or deliver a filled out flyer to 4227 N. Clinton Fort Wayne, IN 46805
Race Day Registration: 10am-10:45
*strict cut off on registration time
*no race day race transfers**

Make checks payable to the "FWTC"

**For More Information
Contact Casey: 260-402-2514**



**FWTC
Points Race**

Overall and Masters Awards
Age Group Awards
Finisher
Commemorative Awards

Sponsored by:



**More sponsors needed
Call 496-8000**

**More sponsors needed
For opportunities
Call 496-8000**

**Circle one:
20k**

5 miler

Name _____

Address _____

Phone _____ FWTC _____

Email _____

Gender M F _____ Date of Birth _____

Mail entry forms to:
3 River's Running Company
4227 N. Clinton
Fort Wayne, IN 46805
Phone: 260-496-8000
Fax: 260-496-8002
Email: info@3riversrunning.com

I know running a road race is a potentially hazardous activity. I should not enter unless I am properly trained. I assume all risks associated with participating in this event. Have in read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Fort Wayne Track Club, Three River's Running Company, Allen County, The Chapel, all sponsors, all volunteers, the Indiana Department of Transportation their representatives and successors, from all claims or liabilities of any kind arising out of negligence or carelessness on part of the persons named in this waiver.

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____