

# CENTENARY COLLEGE CROSS COUNTRY

presents the 5th Annual  
*Healthy Kids' Fun Run*

WEDNESDAY • APRIL 7 • 2010 • 5 PM

ON THE CENTENARY CAMPUS  
AT E. KINGS HWY & WOODLAWN

*For Kids Only!*

The Centenary College Cross Country Team's **Healthy Kids' Fun Run** offers a way for elementary and middle school children to participate in a run that is **strictly for fun**. Our goal is to promote running as an enjoyable and central activity in sustaining a healthy and active life. Join your child for a one mile loop around the campus or let the Cross Country runners pace him/her.

There is absolutely **no time limit**, everyone is a **winner** and receives a T-Shirt and post-race snacks.

All elementary and middle school children completing the run will receive **free admission** to the Athletic complex to cheer on the Centenary Ladies Softball Team competing against Central Arkansas University.



**ENTRY FEE:** \$8 (Entry forms received by March 29 will be guaranteed a t-shirt)  
Race day registration accepted until 4:30 PM

**START TIME:** Middle School 5pm, Elementary School 5:15pm

Make check payable to Centenary College and  
**MAIL YOUR REGISTRATION AND ENTRY FEE TO:**

Centenary College Cross Country  
2911 Centenary Blvd., Shreveport, LA 71104

**FOR MORE INFORMATION:** Coach Shelley Armstrong 318.869.5277

## REGISTRATION HEALTHY KIDS FUN RUN

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Grade \_\_\_\_\_ School \_\_\_\_\_

Age \_\_\_\_\_ Birthday (day/month/year) \_\_\_\_\_ Gender  M  F

**T-SHIRT SIZE** (select one): Youth  S  M  L  XL Adult  S  M  L  XL

**WAIVER:** I, the person submitting this entry (and my child), agree to abide by the rules and decisions of any event officials and assume all risks within the event and any associated event or activities, including but not limited to falls, contact with other participants, effects of the weather, all such risks being known and appreciated. I (and my child) assume all risks associated with participation and waive any and all claims, and fully release the city of Shreveport, Louisiana, Centenary College, and all race day volunteers, event promoters, sponsors, their representatives, and successors from all claims, damages, or liability of any kind arising from my (or my child's) participation in this event. I also understand that entry fees are not refundable. I have read this agreement carefully, and understand it, and certify my agreement by my signature below.

Signature \_\_\_\_\_ Date \_\_\_\_\_



Centenary