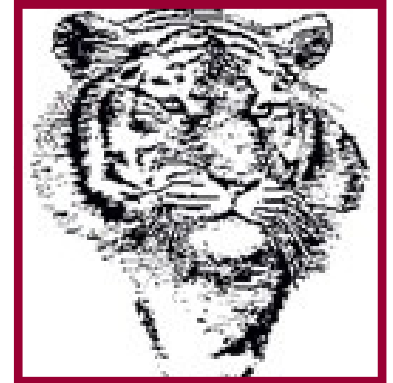


TIGER 5 K  
SPONSORED  
BY LOCAL  
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MERCHANTS

Jefferson West High School  
619 Condray  
Meriden, KS 660512



TIGER 5K



MERIDEN, KANSAS

August 7, 2010

For more information call or email:  
In Kansas City/Lawrence—John Riley-785-633-7120  
In Meriden/Topeka—785-484-2648  
Email: coachriley@yahoo.com  
Our website is: [www.usd340.org/tiger5k](http://www.usd340.org/tiger5k)

Tiger 5K Run Saturday, August 7, 2010 8:00 am Meriden, KS Please fill out completely T-shirt size: \_\_\_XS\_\_\_S\_\_\_M\_\_\_L\_\_\_XL\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Gender: \_\_\_M\_\_\_F\_\_\_

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

Age (day of race) \_\_\_\_\_ Birth date \_\_\_\_\_ Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

Email \_\_\_\_\_

Make Checks Payable to: Tiger 5K  
Mail to: Janel Ross, PO Box 253, Meriden, KS 66512

(Leave blank) Entry Number \_\_\_\_\_

Entry Fee: \$15 early Fee \$20 after July 29 2010

Check here if you are just walking the course for fun.

Waiver of liability: In consideration of my participation in this event, I, the undersigned, intending to be legally bound hereby, for my heirs, executors and administrators, waive and release any and all claims for damages I may have against the Jefferson West Booster Club, the City of Meriden, and race sponsors, their officers, directors, agents, representatives, successors, and assigns, for any and all injuries sustained by me in this event. I attest and verify that I am physically fit and sufficiently trained for the competition of the run. Further, I hereby grant full permission to the Jefferson West Booster Club and/or its authorized agents to use photographs, video-tapes or any other record of this event for any legitimate purpose.

Signature \_\_\_\_\_ Parent signature if under 18 \_\_\_\_\_

### Expanded Age Group Awards:

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> to each of the following age winners:

10 and under

11-14

15-19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-64

65-69

70 and over

Overall 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> male and female winners receive pottery provided by Mark Ralston.

T-shirt to all Entries

Special Fun Run for the kids !

Ribbons to all who finish.

# TIGER 5K

Run competitively or for fun in the 15th Tiger 5K. Meriden is located on Highway K-4 about 7 miles north of Topeka. To get to Meriden from Topeka take Highway 24 east to K-4 and then go north. From Lawrence take Highway 24 west to K-4 and then go north. The course, which is flat and fast, will wind through the streets of Meriden starting and finishing at the middle school. Splits will be given at the one and two mile. Aid station at 2 miles and at the finish. Course has been certified.

### Entry Fee:

Includes a Tiger 5K T-shirt  
\$15 early entry fee  
\$20 after July 29, 2010

### Schedule:

7:00 a.m. Packet Pick-up and late registration  
7:00-7:45 Casual Walkers may start  
8:00 a.m. Start of the 5K run  
8:45 Kids Fun Run  
9:00 Awards