

The **RIDGERIDER**  
07' Running / Walking Series



In association with:



**Dr. Walter Hayes**  
Foot & Ankle Specialist

870.934.8200

Presents

**THE ARKANSAS STATE UNIVERSITY**  
**CAMPUS QUICK 5K RUN/WALK**

sponsored by:



**Saturday, March 10, 2007 9 a.m.**



Join the **Arkansas State University Development Office** for their 5K Run/Walk to benefit the general scholarship fund for students. This is the third Running & Walking event of 17 in the 2007 Northeast Arkansas Running/Walking series.

Each participant will receive a T-shirt. Trophies will be awarded to the top five overall male and female runners, and top five male and female walkers and to first, second and third male and female runners in the following age groups: under 9, 10-12, 13-14, 15-16, 17-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, and over 65. There will be no duplication of awards. (The overall winner will not receive an age group award.) There will be no age group awards for walkers. Points will also be awarded in the NEA Running / Walking Series!

The 5K Run/Walk will begin at 9 a.m. Registration is 7:30-8:45 a.m. Saturday, March 10, 2007. Cost is \$15 per person before Thursday, March 1 and \$20 per person, thereafter.

We'll start at the fountain (next to the Administration Building and in front of the Student Union). A pancake breakfast will be included free for participants. If you wish to purchase additional breakfast buffets for \$5 per additional person, please include the money with your form. Bring your friends and family for food and fun!!!

**TOP FIVE REASONS TO ENTER THE CAMPUS QUICK 5K RUN/WALK :**

- 1. The first 200 entries will receive an ASU fanny pack!**
- 2. FREE pancake breakfast for all participants!**
- 3. All entries received by Thursday, March 1, are guaranteed correct t-shirt size and goody bag.**
- 4. Finish line photos available for purchase from Keefer's Photography.**
- 5. RED, ASU's spirit character will be running in the race and will be on hand for photo opportunities!**

**WEAR RED AND BLACK DURING THE RACE ——— BE CREATIVE!**

For additional information contact:

**Christy Brecklein, 972-2758 or [cbrecklein@astate.edu](mailto:cbrecklein@astate.edu)**



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# THE ARKANSAS STATE UNIVERSITY CAMPUS QUICK 5K RUN/WALK

## Entry Form

For additional information contact:

**Christy Brecklein, 972-2758 or [cbrecklein@astate.edu](mailto:cbrecklein@astate.edu)**

**The first 200 entries receive an ASU fanny pack in addition to the t-shirt, goodies and breakfast following the race!**

Registration will be from 7:30 - 8:45 am The Run/Walk will start at 9:00 am.

The Run/Walk will begin at the fountain (next to the Administration Building and in front of the Student Union).

**Check One: \_\_\_\_\_ Runner - You can run or walk the course. This Division is eligible for age group trophies.**

**Check One: \_\_\_\_\_ Walker - You must walk, you can not run at any time.**

**One person per form. This form may be duplicated. Please Print Legibly.**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Name: \_\_\_\_\_ Emergency Phone: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

Sex: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Check T-shirt size: \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_ XXXL

Youth T-shirts available only to those that pre register: \_\_\_\_\_ YS \_\_\_\_\_ YM \_\_\_\_\_ YL

Free Breakfast:  Yes  No # \_\_\_\_\_ Additional Breakfasts at \$5.00 per additional person \$ \_\_\_\_\_.

**Participants registered before Thursday, March 1st, 2007 are guaranteed shirt sizes!!**

**Participants registering late or day of the race will receive based upon availability.**

If you pre-register for the race, you may collect your bag on Friday, March 9 at the ASU Alumni Center on U-Street (between Convocation Center and Pavilion) between the hours of 11-2 & 4-6. In the event of inclement weather, we will be just inside the RED entrance of the convocation center.

### PRE-REGISTRATION

**Before** Thursday, March 1st, 2007 **\$15.00** **After** Thursday, March 1st, 2007 **\$20.00**

Make checks payable to ASU Foundation: Mail to: P.O. Box 1990 • State University, AR 72467-1990

### RELEASE AND WAIVER OF LIABILITY

For and in consideration of the acceptance of my registration to participate in the Arkansas State University 5K Run/Walk scheduled for Saturday, March 10, 2007. I hereby waive, release and discharge in advance the Arkansas State University Foundation, The Ridge Rider Athletic Club of Arkansas, their members, sponsors, officers and all persons acting in concert with them, any and all claims that may hereafter accrue to me or my heirs or to any other person(s) as a result of my participation in this event. I represent that I am in good physical condition and that I have sufficient skill and experience to safely complete any competition in which I choose to participate. I further agree to abide by the traffic rules and regulations of the state of Arkansas.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Parents Signature if under 18 \_\_\_\_\_

**NEA Running & Walking Series Printing Services provided by Master Printing**  
**NEA Running & Walking Series Trophies provided by Mr. Trophy**