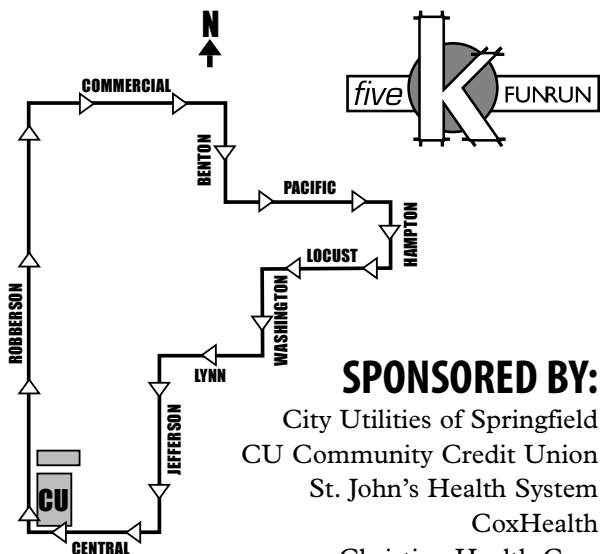


THE KITCHEN 16TH ANNUAL 5K FUN RUN

Saturday, May 12, 2007 • 8:00 a.m. • Rain or Shine



SPONSORED BY:

City Utilities of Springfield
CU Community Credit Union
St. John's Health System
CoxHealth
Christian Health Care
Great Southern Bank
Lamar Advertising
Assemblies of God Run/Walk Team

SPECIAL THANKS TO:

Action Tent
Addison Advertising
Amalgamated Transit Union Local 691
Aladdin Food Mgmt. Services
Community Blood Center of the Ozarks
IBEW Local 753
Laborers Int'l Union Local 676
Lettuce Cater to You

LOCATION:

Start and finish at
City Utilities Main Office
301 East Central
Springfield, MO

AGE GROUPS:

Stroller Group: 0-4
Male and Female Groups:
5-7 35-39
8-10 40-44
11-14 45-49
15-19 50-59
20-24 60-69
25-29 70-over
30-34

SPECIAL NOTE:

No roller blades, skateboards
or bicycles please!

POST-RACE:

Refreshments provided after
the race!

*Additional registration
forms available at
www.cityutilities.net*

MAIL TO:

City Utilities • Community Relations
301 East Central • Springfield, MO 65802
(417) 831-8630

REGISTRATION:

- **\$15 preregistration by mail**- check must accompany registration form and, if mailed, be received by May 7.
- **\$15 preregistration at packet pickup**- May 11, City Utilities Training Center (7 a.m. to 6 p.m.)
- **\$17 day of race**- May 12, City Utilities Training Center (7 a.m. to 7:45 a.m.)

Make checks payable to "The Kitchen 5k Fun Run." Official 5k Fun Run shirts available in limited quantities at packet pickup and the day of the race.

AWARDS AND PLAQUES:

Top Male and Female Overall • Top Male and Female Masters • Top Baby Stroller Finisher • Prizes for Top Three Finishers (Male and Female) in each Age Group • Medals for Top Three Finishers (Male and Female) in Children's Categories through Age 14 • Plaques to Top Two Businesses, Churches and Schools with most entries.

2007 5K FUN RUN REGISTRATION FORM

(one form required per person - please print)

Name: _____

Age: _____ Sex: M F

Phone: _____

Shirt Size: Child's: L Adult: S M L XL XXL

Address: _____

Team Name: (if applicable) _____

- Corporate Team
 Church Group
 School Group

Please Check One:

- Baby Stroller
 Runner
 Walker—will not be timed unless requested.
 Contribution Only

• **Special Note:** No roller blades, skateboards, or bicycles please. Limited number of Official 5K Fun Run T-shirts available at packet pick-up.

official use only

Waiver: I hereby release and agree to indemnify and save harmless anyone affiliated with City Utilities of Springfield, CU Community Credit Union, St. John's Health System, CoxHealth, Christian Health Care, Great Southern Bank, Lamar Advertising, Assemblies of God Run/Walk Team, Ridge Runner Sports, The Kitchen, or anyone else associated with this race from any and all claims of any nature for injury or loss that may result from such participation in this event.

Signature: _____
(parent or guardian signature required if under 18)

Mailed entries must be received no later than May 7. You may pre-register up until the day of the race by bringing your payment to City Utilities, 301 E. Central.

Send to: City Utilities
Community Relations
P.O. Box 551
Springfield, MO 65801
417-831-8630