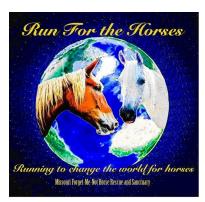
Run For the Horses



Running to Change the World for Horses

5K/10K Run and New Virtual Race

Phone: (281) 468-3508 E-mail: cheryllmcg@gmail.com

Saturday, June 20, 2020

At the Linn Creek City Park, 102 West Valley Dr., Linn Creek, MO 65052

Start Time 7:30 AM

Registration opens at 6:30 AM

\$20 pre-registration, \$25 registration day of race, Children under 12: \$10, \$35 5/10KVirtual Race (A virtual race is a race that can be run or walked from any location you choose. You can run, jog, or walk on the road, on the trail, on the treadmill, at the gym or on the track). You get to run your own race, at your own pace, and time it yourself. Email your time to cheryllmcg@gmail.com and your T-Shirt will be shipped directly to you.

All proceeds benefit the Missouri Forget-Me-Not Horse Rescue in Linn Creek.

Register online and pay with credit card or PayPal at

http://www.missouriforgetmenot.org/race or find us on Facebook.

Medals for top 3 in each category.

Pre-register to guarantee t-shirt availability.

Registration Form

To register by mail, return	egistration form (one for each participant) and entry fee payable to MFMN befor	re
June 13th to:		
Cheryll McGuire, 1109 Ma	time Lane, Roach, MO 65787.	
Name:	Gender (M/F)	
	Shirt Size: S M L XL No shirt	
Choose: 5K Run, 10K Run,	K Virtual Race, 10K Virtual Race	
Street Address:		
City, State, Zip:		
Phone:		
Entry fee: \$20 before June	13th, \$25 day of race; Children under 12: \$10; \$35 Virtual Race	

WAIVER AND RELEASE

E-mail:

In consideration of my participation in the "Running to Change the World for Horses," I do hereby agree to hold free from any and all liability the Missouri Forget-Me-Not Horse Rescue & Sanctuary and its respective officers, employees, volunteers and members; the City of Linn Creek and its employees; event volunteers, sponsors and anyone acting for or on their behalf; and I do hereby for myself, my heirs, executors and administrators, waive, release, and forever discharge any and all rights and claims for damages which I have or which may hereafter accrue to me arising out of or connected with my participation in the "Running to Change the World for Horses." I do further declare myself to be physically sound and suffering from no condition or illness that would prevent my participation in the "Running to Change the World for Horses." I acknowledge that I have either had a physical examination and have been given my physician's permission to participate, or that I have decided to participate in this event without the approval of my physician.

Signature of participant (or parent/g	uardian if participant is under 18)
	Date: