

Lake Area Optimist Club

Jason McDowell Memorial

5K Run & Walk

What: 5K Run & Walk Sponsored by The Lake Area Optimist Club

Where: Osage Beach, MO City Park (Off Hwy 54 north of the Osage Beach Outlet Mall)

When: Saturday, June 25, 2011, 7:30 AM – Runners
7:40 AM – Walkers

Who can participate? Anyone from *8 to 88+

Age groups: (Under 20) (20 – 40) (41 & Up)

*Participants 18 years or less need parent/guardian written permission to participate.

What you get for entering:

1. A participant tee-shirt
2. A bottle of water
3. A chance to win \$150 Red Star Racing Sunglasses for Fastest Runner & Fastest Walker

Entry Cost: Adult before 6/15/11 - \$15.00 Student before 6/15/11 - \$10.00
Adult after 6/15/11 - \$20.00 Student after 6/15/11 - \$15.00

Register soon to get in on this fun run and walk! If you have questions, please call Steve Webster at (573)480-4744 or send your check payable to: Lake Area Optimist Club, PO Box 127, Osage Beach, MO 65065. Please be sure to give us your shirt size.

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5K Run & Walk

Entry Form

Name	Address/School	Phone #	*Age G	M/F	Walk/Run	**Shirt Size	Amt. Paid
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							

Total # Runners

Total
Shirts

Total Paid

*Age groups: (Under 20) (21 – 40) (41 & Up)

**Shirt sizes available: S; M; L; XL; XXL

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Permission: _____ has my permission to run/walk in the Lake Area Optimist Run/Walk.
Parent/Guardian _____.

This permission may be repeated on the back for more than one entrant under 18.