

# Well and Wise 5K Registration

All proceeds benefit the Perry County Worksite Wellness Initiative



## May 30, 2015

**Prompt Start:**  
**8:30AM Runners /9:00AM Walkers**  
**Registration @ 8:00am**

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### \$20 adults/\$10 children

(Well & Wise Challenge participants are free)

### Send Payment and Registration to:

Perry County Health Department  
PO Box 230, New Lexington, OH 43764

### Pre-register by May 15<sup>th</sup> (t-shirt included)

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

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

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Age: \_\_\_\_\_ Gender \_\_\_\_\_ Walker \_\_\_ Runner \_\_\_

T-shirt Size: Youth S\_\_ Youth M\_\_ Youth L\_\_  
Adult S\_\_ Adult M\_\_ Adult L\_\_ Adult XL\_\_

Questions? Contact Mindi at 342-5179 or [mwycinski@perryhealth.com](mailto:mwycinski@perryhealth.com)

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I know that running is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read the waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf waive and release the Perry County Health Department, Crossfit 945, and all sponsors, their representatives and successors, from all claims and liabilities of any kind arising from my participation in this event. Severe weather may result in cancellation of the event. No refunds will be given, but t-shirts will be distributed.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(Parent or Guardian if under 18)