



# Distance for Diabetes

## 5K Fun Run & Walk

Sunday, January 11, 2009  
9:00 AM Start Time

[www.distancefordiabetes.com](http://www.distancefordiabetes.com)

Questions? Email to:  
clwitruk@gmail.com

Russell Road Park  
24214 Russell Rd.  
Kent, WA 98032

### Pre-Registration:

- Fee is \$20
- Guaranteed a t-shirt if you pre-register no later than January 7th

### On-Site Registration:

- Fee is \$25
- Not guaranteed a t-shirt

### Race Information:

- 8:00 AM — Sign-in/Registration opens
- 9:00 AM — Run Starts
- 10:00 AM — Awards will be presented for 1st, 2nd & 3rd place in all age divisions, as well as best overall male & female runner
- Race bibs & timing bracelets will be distributed prior to race at sign-in
- Water & snacks will be provided immediately following the race

### Extra Information:

We also encourage you to solicit donations from friends and family. The person who collects the greatest dollar amount in donations will receive a gift certificate. Visit [www.distancefordiabetes.com](http://www.distancefordiabetes.com) for more information and to print off a donation form. The winner will be notified within one week after the race.

Help us raise \$10,000 to support:



Someone is diagnosed with diabetes every 21 seconds

## Registration Form — please print clearly

Name of Participant ( first & last ): \_\_\_\_\_

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

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

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age ( day of race ) : \_\_\_\_\_

Gender ( circle one ) : Male / Female

Age Division ( circle one ) : 13 & under / 14-19 / 20-29 / 30-39 / 40 & over

T-shirt size\* ( circle one ) : Small Medium Large X-Large

\*You are only guaranteed a t-shirt if you pre-register no later than January 7th

**Waiver & Disclaimer:** I assume all risks and hazards of the conduct of the program and release from responsibility any person providing transportation to and from activities. In case of injury or damages, I do hereby release and hold harmless the Kent School District, its elected and appointed officials and employees, the organizers, sponsors, supervisors or any volunteer connected with the program from any and all claims, payment of fees and participation in the program shall constitute acceptance of the conditions set forth in the release. I grant full permission to use any photographs, video-tapes, motion pictures, recordings or any other record of this program for any Kentwood DECA or KSD informational or promotional use.

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

Parent 's Signature ( if under 18 ) : \_\_\_\_\_

### A KENTWOOD DECA EVENT

#### Mail, with payment, to:


Kentwood High School  
Attn: Kentwood DECA  
Distance for Diabetes 5K Fun Run & Walk  
25800 164th Ave. SE  
Covington, WA 98042

Make checks payable to: KWHS

Registration may also be turned in directly to the Kentwood cashier

You can also sign up online at:

<http://signmeup.com/63110>

( a small fee will apply ) 

**Unable to participate?** Make a tax-deductible donation to ADA, while supporting this event. Go to: <http://main.diabetes.org/goto/distancefordiabetes2009>

(The donation will be made through the ADA School Walk page, but proceeds will go towards this event)