



Saturday- 9:00am • April 24, 2004

WHAT

8K Run (Approx. 5 Miles) • 2 Mile Fitness Walk

WHEN

Saturday April 24th 2004 9:00am Run/9:15am Walk

WHERE

Zionsville Middle School
900 N Ford Rd
Zionsville, Indiana

EVENT HIGHLIGHTS

The 8k run and 2 Mile Walk will travel from the Middle School along the scenic Z-Ville trail.

ENTRY FEES

Pre-Registration Deadline:	April 19th
8k Run Entry with a shirt	\$15.00
2 Mile Fitness Walk with a shirt	\$15.00
Family Plan (Includes 2 shirts*)	\$40.00
<small>*Additional shirts may be purchased for \$8.00 each</small>	

RACE DAY

Pre-Registration Deadline:	April 19th
8k Run Entry	\$20.00
2 Mile Fitness Walk	\$20.00
Family Plan	\$40.00

PRE-REGISTRATION

To be pre-registered your completed registration form and payment must be received before April 19th, 2004.

Make checks payable to: ZMS PTO and Mail to:

Runners Forum
620 Station Drive
Carmel, IN 46032

Or register online at: www.runnersforum.com

RACE DAY INFORMATION

Registration and packet pick-up:

7:30-8:30am

Zionsville Middle School - Eagle Hall

Start times:

8k Run 9:00am

2 Mile Walk 9:15am

SCORING & RESULTS

The 8k Run will be scored by The End Result Co. The results will be posted on www.runnersforum.com approximately 1:00pm on race day.

AWARDS

OVERALL:

Male/Female 8k Competitive race only (1, 2, 3)

MASTERS:

Male/Female (1)

AGE GROUPS:

Male/Female

(5 year age groups: 12 and under
13-15, 16-20, etc, through 70+)

Age Group awards based on pre-registration.

Awards will be presented in the ZMS Eagle Hall following the race. 2 Mile Walk participants are eligible for door prizes.

ADDITIONAL INFORMATION

Z-Run is sponsored by the Zionsville PTO. All proceeds will be used toward the restoration of the Wetland development of an outdoor Learning Lab in the Wetlands.



Would like to donate to Outdoor Learning Lab

CHAA, the Coalition for a Healthy and Active America, is dedicated to educating parents, children, schools and communities about the critical role physical activity and nutrition play in the fight against childhood obesity. For more information, visit us on the web at www.chaausa.org

SPECIAL THANKS TO OUR EVENT SPONSORS



HUGHES ORTHODONTICS
9106 N. Meridian Street
Suite 250
(317)846-7011

PANERA BREAD



CENTER FOR DIAGNOSTIC IMAGING



professional fitness



Suzanne Germain DDS



REGISTRATION FORM

First Name: _____ Last Name: _____

Please check one

RUN WALK

(Please fill out a separate form for each family member.)

Address: _____

City: _____ State: _____ Zip: _____

Daytime phone: _____

E-mail: _____

(Students) School: _____ Grade: _____

Date of Birth: __ / __ / __ Age on race day: _____ Sex(circle): Male Female

T-shirt size (circle one) Adult sizes: XS S M L XL XXL

MAKE CHECKS PAYABLE TO ZMS PTO

FEES		
	PRE-REGIST	RACE DAY
8K	\$15.00	\$20.00
2 MILE WALK	\$15.00	\$20.00
FAMILY PLAN	\$40.00	\$40.00
ADDITIONAL T-SHIRTS	\$8.00	
TOTAL ENCLOSED	<input type="text"/>	<input type="text"/>

Waiver Statement (Must be signed): I attest and verify that, the undersigned, intending to be legally bound, hereby, for myself, and my heirs, successors and assigns, release any and all claims for losses and damages, attorney fees, court cost and cost of collection which I or the above named entrant (Entrant) may have now or in the future against: MACDesigns, Inc.; The Runners Forum of Carmel Inc.; The End Result Co. Inc.; Coalition for a Healthy and Active America (CHAA); Zionsville Community Schools; ZMS PTO; Aspen Education; Braun Technologies; Center for Diagnostic Imaging (CDI); Dura Builders; Dr. Jay Hughes, Orthodontist; NAI Olympia Partners; Professional Fitness; Ripberger Construction; St. Vincent Sports Medicine Center; Browns on Fifth; Suzanne Germaine, DDS; Hat World; Zionsville Jazzercise; Jerry McMahan, Tucker Realty; Pulte Homes; and Wild Birds Unlimited, and any other groups associated with this event, its agents, employees, officers, directors, and volunteers, arising out of or in connection with this event. I hereby grant full permission to any and all of the foregoing to use any photographs and other records of this event for any legitimate purpose.

Signature of Participant or Guradian if Participant is under 18 years of age _____ Date _____

Complete this form in full and mail to: The Runners Forum, 620 Station Drive, Carmel, IN 46032