



# ZRun

5K run • 1 mile walk  
 Saturday, April 30, 2005  
 9 am at  
 Zionsville Middle School

## WHAT

5K Run (Approx. 3.1 Miles) • 1 Mile Fitness Walk

## WHEN

Saturday April 30th 2005 9:00am Run/9:15am Walk

## WHERE

Zionsville Middle School  
 900 N Ford Rd  
 Zionsville, Indiana

## EVENT HIGHLIGHTS

The 5k run will travel from the Middle School along the scenic Z-Ville trail. The 1 mile walk is on the ZMS track.

## ENTRY FEES

Pre-Registration Deadline:	April 22nd
5k Run Entry with a shirt	\$15.00
1 Mile Fitness Walk with a shirt	\$15.00
Family Plan (Includes 2 shirts*)	\$40.00

*\*Additional shirts may be purchased for \$8.00 each*

## RACE DAY

Pre-Registration Deadline:	April 22nd
5k Run Entry	\$20.00
1 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 22nd, 2005.

Make checks payable to ZMS PTO and mail to:

Ken Long & Associates  
 994 North Combs Road  
 Greenwood, IN 46143

Or pre-register online with a credit card at [kenlongassoc.com](http://kenlongassoc.com)

## RACE DAY INFORMATION

Registration and packet pick-up: 7:30-8:30am at Zionsville Middle School - Eagle Hall

Professional Fitness will provide trainers to help runners stretch from 8:30 to 8:50. Be sure to stop by their tent.

Start times:

5k Run	9:00am
1 Mile Walk	9:15am

## SCORING & RESULTS

The 5k Run will be scored by Ken Long & Associates.

Race results will be posted on the website [kenlongassoc.com](http://kenlongassoc.com) by approximately 1:00pm on race day.

## AWARDS

OVERALL:

Male/Female 5k 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. 1 Mile Walk participants are eligible for door prizes.

## ADDITIONAL INFORMATION

Professional Fitness will provide trainers to help runners stretch following ZRun in their tent at the finish line.

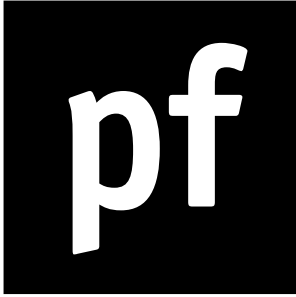
ZRun is sponsored by the Zionsville PTO.

Proceeds will be used to fund ZMS PTO projects.

Would like to donate to ZMS PTO

**Special Thanks to Our Event Sponsors**

**Premier Sponsor**



*professional fitness*



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



**ZIONSVILLE PEDIATRICS**

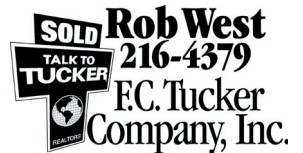
*Suzanne Germain DDS*



SINCE 1880  
**ZIONSVILLE TIMES SENTINEL**

**ZMS FACULTY**

**CENTER FOR DIAGNOSTIC IMAGING**



**Registration Form**

Please fill out a separate form for each family member.

First Name	Last Name	
<input type="text"/>	<input type="text"/>	
Street Address		
<input type="text"/>		
City	State	Zip Code
<input type="text"/>	<input type="text"/>	<input type="text"/>
Day Telephone Number	Evening Telephone Number	
<input type="text"/>	<input type="text"/>	

Date of Birth

Age on Race Day      
*For Official Use Only*

Male  Female

5K RUN  1 MILE WALK

Shirt Size (please circle size) **S M LG XL XXL**

**We accept VISA, MasterCard & American Express. Charge will appear on credit card statement as KLA.**

Credit Card No.

Credit Card Signature

Expiration Date

**Make checks payable to ZMS PTO**

E-mail Address

**Release and Waiver Statement (Must be signed)**

I have read the accompanying event information and understand the policies of the event. I know that running and walking a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run or walk. I also know that while police protection will be provided, there may be traffic on the course. I assume all risks associated with my voluntary participation in this event, including but not limited to, falls, contact with other participants, the effects of the weather, including extreme temperatures, traffic and all conditions of the road, all such risks being known and appreciated by me. **Knowing these facts**, and in consideration of your accepting my entry, I for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and WAIVE, RELEASE AND DISCHARGE Zionsville Middle School PTO, Zionsville Middle School, ProFit, Inc. (d/b/a Ken Long & Associates), all sponsors, race officials, workers or volunteers, their representatives, successors or assigns for ANY AND ALL claims or liability, whether foreseen or unforeseen, for death, personal injury or property damage arising out of, or in the course of my participation in this event. I further grant full permission to the above mentioned sponsor(s), organizers, and/or agents authorized by them, to use any photographs, videotapes, motion pictures, recordings or other record of the event for any reasonable purpose.

Signature of Participant or Guardian  Date   
if Participant is under 18 years of age

FEES		
	PRE-REGIST	RACE DAY
5K	\$15.00	\$20.00
1 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"/>