Please fill out this form and write a check or money order to NC-FH AAA Resolution Run. Mail to or drop off : NC-FH AAA, 401 Houston Street, Manhattan, KS 66502

Name: _____

Race choice: 5k fun run/walk

Age: <18; 18-24; 25-36; 37-50; 51 +

Sex: M F

T-Shirt Size: S M L XL XXL

Address:_____

State_____ Zip_____

Email:_____

Liability Release *(must be signed before submitting entry)*:

I, intending to be legally bound, do herby, for myself, my heirs, executors, and assigns, waive, release and forever discharge any all rights and claims for damages that I may have or which may hereinafter accrue to me against the North Central-Flint Hills Area Agency on Aging, Inc., it's agents, employees, sponsors, their representatives or successors arising out of my association with or participation in the Friendship Run. I know that participating in this event is a potentially hazardous activity and that I should not enter or participate in this event unless I am medically able and properly trained. I understand that I do not need a physical exam to participate in the Friendship Run and I participate at my own risk. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of the weather, traffic, conditions of the road, the danger of injury or even death, all such risks being known and appreciated by me. I herby consent to emergency treatment in the event of my injury or illness. All participants must sign below to participate.

Signature_____

Date_____

MANHATTAN RUNNING COMPANY

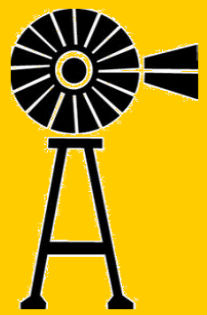
Meadowlark Hills

Resolution Run

Benefiting Meals on Wheels

5K AND 2 MILE FUN RUN/WALK

JANUARY 21, 2012



North Central-Flint Hills
Area Agency on Aging, Inc.

Become Part of the Excitement!

The North-Central-Flint Hills Area Agency on Aging, Inc. is a private, non profit organization that plans, coordinates and sponsors services in 18 counties in Kansas. The race will benefit the Friendship Meals Program, also known as Meals on Wheels. Food is offered at 44 area senior centers. Meals are delivered to seniors who are unable to leave their homes and who would not receive proper nutrition or the socialization without these meals.

Across the country millions of seniors are alone and hungry. We live in the richest nation, but six million seniors face the risk of hunger. The Meals on Wheels Program provides nutrition for seniors who would not receive it otherwise. The program also allows for more seniors to stay in their homes and to keep their independence. Help the Meals on Wheels Program strive to end hunger by 2020!

Event Information:

The race will include a 5k run and a 2 mile fun run. Awards presented will follow the finishing of the 5k.
The race is open to everyone.
Those under the age of 18 must have a guardian sign off on the waiver of liability portion.
Dogs, strollers, baby joggers, skateboards, roller skates, and motorized vehicles are not allowed on the race course.
The race will start and finish at the North-Central Flint Hills Area Agency on Aging at 401 Houston Street, Manhattan, KS 66502.

Entry Fee:

$ 20 per individual for the 5k
$15 per individual for the fun run
After December 31, 2011:
$25 per individual for the 5k
$20 per individual for the fun run

NO SAME DAY REGISTRATION!

Race packet pickup will be held at the North-Central Flint Hills Area Agency on Aging January 20, 2012 from 1-5pm.

401 Houston Street
Manhattan, KS 66502
785-776-9294

Schedule:

January 21
7:00am: Packet Pick-up and registration
7:50am: 5k race line up
8:00am: 5k start
8:20am: fun run line up
8:30am: fun run start
10:00pm: Awards Ceremony (approx.)

Awards:
Medals will be given to the top three finishers in each gender and age category.

If you are not interested in participating in the race but would like to donate toward the Friendship Meals Program (Meals on Wheels) you can send donations to:
NC-FH AAA Friendship Meals Program
401 Houston Street
Manhattan, KS 66502

For questions:
785-776-9294/1800-432-2703