



MANHATTAN  
COUNTRY CLUB

# **RUNNIN' IN THE ROUGH<sup>3</sup>** 5K RUN • 2.5K RUN/WALK

Welcome to Manhattan Country Club's 3rd Annual "Runnin' in the Rough" 5K Run • 2.5K Run/Walk! Everyone is welcome to participate in this exciting race. Come for competition, or to simply walk and enjoy the scenery.

This year we are donating a percentage of proceeds to Kansas State Track & Field Team. We are very proud of their accomplishments this past year.

Following the race, there will be light refreshments, and awards. Manhattan Country Club will host an Open House for individuals interested in becoming a member. You may tour the new fitness room, pool, and restaurants, and enjoy the breathtaking views. Membership literature will be available at the Open House.

Manhattan Country Club is a member-owned private club.

## ::: RACE SPONSORS :::



## ::: CONNECT WITH US :::



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# **RUNNIN' IN THE ROUGH<sup>3</sup>** 5K RUN • 2.5K RUN/WALK

SUNDAY

**10.07.2012**

MANHATTAN COUNTRY CLUB GOLF COURSE

# IN THE RUNNIN' ROUGH<sup>3</sup>

5K RUN • 2.5K RUN/WALK

## DATE

Sunday, October 7, 2012

## TIME

800 Meter Fun Run - 3:30 p.m.  
5K Run (2 laps) & 2.5K (1 lap) Run/Walk - 4:00 p.m.

## LOCATION

Manhattan Country Club Golf Course  
1531 North 10th Street, Manhattan, KS

## RACE COURSE

Participants will sign in outside the Clubhouse's Pro Shop near putting green. Race starts near the Golf ProShop and makes two loops around marked course for the 5k and one loop for the 2.5k. View course map at [www.active.com](http://www.active.com) or [www.facebook.com/RunninInTheRough](http://www.facebook.com/RunninInTheRough)

## ENTRY FEE

### 5K Run & 2.5K Run/Walk

- Regular Entry
  - **\$20** pre-registered (includes T-shirt) / **\$25** after October 1\*
- Student & Military ID Discount
  - **\$10** pre-registered (includes T-shirt) / **\$15** after October 1\*

### 800 Meter Fun Run (Ages 12 & under): \$5 (includes a medal)

*\*Late registrants are not guaranteed a T-shirt/medal.*

*Proceeds donated to KSU Track & Field and Cross Country Team.*

## AWARDS

Medals will be awarded to the top three finishers overall (male and female) and to the top finisher in each age division.

## PACKET PICKUP

- Saturday, October 6 • 2:00-5:00 p.m. • Golf Shop
- Race Day Registration / Packet Pick-up • 2:30-3:30 p.m.

## PRE-REGISTRATION

- 1) Register online at [www.active.com](http://www.active.com)
- 2) Mail registration form with payment\* to:

**Manhattan Country Club - 5K Race**  
1531 N. 10th Street  
Manhattan, KS 66502

*\*Check or cash accepted.*

*Make checks payable to "Manhattan Country Club, RIR"*

## CONTACT

For more questions or more information, email [gwenwentland@gmail.com](mailto:gwenwentland@gmail.com) or call 785.539.6221

Additional entry forms can be found at  
[www.themanhattancountryclub.com](http://www.themanhattancountryclub.com)

# RACE INFO

BIB # \_\_\_\_\_

# ENTRY FORM

## RACE

		PRIOR TO RACE DAY	AFTER OCTOBER 1
<input type="checkbox"/> 5K RUN	___ M ___ F	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
<input type="checkbox"/> 2.5K RUN/WALK	___ M ___ F	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
<input type="checkbox"/> 800 M FUN RUN	___ M ___ F	<input type="checkbox"/> \$5	
<input type="checkbox"/> STUDENT & MILITARY DISCOUNT		<input type="checkbox"/> \$10	<input type="checkbox"/> \$15

## T-SHIRT SIZE\*

### CIRCLE ONE:

- ☐ ADULT FIT: XS S M L XL  
☐ LADIES FIT: XS S M L XL

*\*T-SHIRT NOT GUARANTEED IF ENTRY FORM IS RECEIVED AFTER OCT. 1*

## PARTICIPANT INFO

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_

## PAYMENT

- ☐ CHECK ☐ CASH

## HEALTH AND PARTICIPATION FORM

I agree to hold Manhattan Country Club harmless as to any claim for damages for any accident or injury of any kind resulting from my participation in this race. I also give medical personnel permission to treat my injuries if I am unable to make the decision for myself.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

PARENT OR GUARDIAN SIGNATURE IF UNDER AGE 18 DATE \_\_\_\_\_