



RAISE THE BARN 5K&10K RUN

WANTED! YOU!

Calling all cowboys, cowgirls, city slickers, young'uns, and even yellow-bellies to the **most bodacious** 5K or 10K in Fort Smith sponsored by Fianna Hills POA to help Manes and Miracles Build The Barn. The event also features a waffle or pancake breakfast and the most rootin' tootin' DJ in these here parts.

www.manesandmiracles.org

Y'all come! Ya hear?! April 27, 2019

REGISTRATION FORM

ABOUT THE EVENT

The 1st annual Manes and Miracles Raise The Barn 5K or 10K sponsored by Fianna Hills POA will be held on Saturday, April 27, 2019, at 8 a.m. at Forefront Church in Fianna Hills Fort Smith, AR. Come join us to run or walk and enjoy a waffle or pancake country breakfast from 7-11. With a beautiful race course and a live DJ, this race is sure to be a good time for new and experienced runners and walkers united to support Manes and Miracles

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Gender: Male Female Date of Birth _____ Age on 04/27/19 _____

I am participating in the 5K as a: Walker Runner Virtual runner: I do not wish to participate in the 5K, but I want to make a \$35 to Manes and Miracles and get a race T-shirt. (*Shirts will be mailed to the address provided.*)

I am participating in the 10K as a:
 Walker Runner

Please indicate shirt size(s). (*Shirts are only guaranteed if registration form and payment are received by 04/19/2019.)

Adult unisex: small medium large X-large XX-large* (\$2 extra) XXX-large* (\$2 extra)

Youth: small medium large

Cost: 5K & 10K registration is \$35 for ages 14+ and \$25 for ages 5-14

Please make checks payable to **Manes and Miracles** • Mail Registration form and payment to:
Manes and Miracles • P.O. Box 11828 • Fort Smith, AR 72917

I know that running a road race is a potentially hazardous activity. I know I should not enter and run in this race 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. I assume all risks associated with running this race including, but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Manes and Miracles, all its sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in the race. I grant permission to use any photographs or any other record of this event for any legitimate purpose. By signing, I agree to the waiver terms.

Signature (Parent/Guardian Signature if Participant is Under Age 18)

Date

To register online, go to: www.manesandmiracles.org

Race Packet Pickup: Friday, April 26 from 4:30-6:30 p.m. at Forefront Church in Fianna Hills or on race day from 6:30 till 7:45 a.m.

More information: www.manesandmiracles.org, the "Race The Barn 5K/10K" Facebook event page, manesandmiracles1@gmail.com or 479-847-5535

Thank you for supporting

