

# GET FIT 5K



Sponsored by PEK  
and the Adair County  
Family YMCA



**When:** April 2<sup>nd</sup> at 10:00 a.m.

**Where:** Adair County Family YMCA

**Cost:** \$12 (includes t-shirt)

\*Proceeds benefit the YMCA

**Race Day Check-In/Last minute registration  
starts at 9:00 a.m. YMCA**

Extra Registration Forms can be found at:  
[pek.truman.edu](http://pek.truman.edu)

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**Get Fit 5k Registration Form** – Saturday April 2nd 10:00am

Name \_\_\_\_\_ Address \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_ Gender : M or F  
Age on Race Day \_\_\_\_\_ T-shirt size: S M L XL XXL

Entry Fee: \$12 pre-registration (Make checks payable to: Phi Epsilon Kappa)

Return Form and Entry Fee to Health and Exercise Science Division Office

**Or** Mail to:

Truman HES Department

ATTN: PEK Get Fit 5k

100 E. Normal Kirksville, Mo 63501

The undersigned hereby releases and holds harmless Truman State University staff and students, Phi Epsilon Kappa and any of its members, Adair County Family YMCA and any officers, employees or agents thereof including without limitations the Adair County Family YMCA, from any and all claims liabilities, or demands whatsoever arising out of the enrollment or participation in any program by the participant herein.

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Signature of Responsible Party

Date

\*Race day packets include map of course, number, and t-shirt