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SPONSORS**

**IU Health Bedford Hospital
Bedford IN**

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**W.F. MEYERS CO. INC.
BEDFORD, IN 47421**

**Healthy Balance
Wellness Center
(812) 279-6330**

**Westview West
Outpatient Therapy Clinic
Bedford, IN**

**Dr. Jim Sowders 275
 -6155**

Alan & Kami Bush



JIM SOWDERS OD
BEDFORD, IN 47421
1615 "O" St.,
Bedford, In 47421.



**RACING SCHEDULE
FOR
THE INDY MINI
TRAINING PROGRAM**



Take the first steps for a new YOU!!!

LET'S GO Racing Series

The **LET'S GO FARTHER.....** No Frills racing series consists of 3 races:

5K Run/Walk on Feb. 5 at 9:00 am;

10K Run/Walk on March 5th at 9:00 am,

15K Run/Walk on April 9th at **8:00 am.**

Races and Registration are at the:

**Limestone Girls Club,
2009 19th St
Bedford, IN. 47421**

All races are FREE for LET'S GO team members

Mail entries to:

Dr Jim Sowders
1615 "O" St.,
Bedford, In 47421.

Call 812-275-6155 with questions,
or email j.sowders@comcast.net

NON - MEMBER RACE REGISTRATION

5KFeb. 5th

___The Feb 5th 5K without t-shirt \$15.00

10KMarch 5th

___The March 5th 15K without t-shirt \$15.00

15KAPRIL 9th

___The April 9th 15K without t-shirt \$15.00

Make check payable to the:

LIMESTONE GIRLS CLUB

Name _____

d.o.b _____ M ___ F _____

Address _____

City _____ State _____

zip _____

e-mail _____

Phone _____ Make check payable to: **The Limestone Girls Club**

Waiver: I know that running a road race is a potentially hazardous activity that could cause injury or death and that I should not enter and run unless I am medically able and properly trained, and that by my signature, I certify that I am medically able to perform this event, I am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risk associated with running in this event including, but not limited to falls, contact with other racers, the effects of the weather, traffic and road conditions. I understand that bikes, skateboards, baby joggers, roller blades, and radio headsets are not allowed in the race. Having read this waiver and knowing these facts, and in consideration of your acceptance of my entry, I for myself and my heirs, waive and release the Limestone Girls Club and LET's GO and the sponsors and volunteers from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence on the part of the persons named in this waiver. No refunds. No t-shirts will be mailed.

Signed _____

(guardian if under 18)