

# Lions Club Fitness Challenge 5k

April 22nd, 2017

Saturday, 8:00 am 5K Run & Walk

Registration 6:30-7:50 am at

Cornerstone Childcare

(formerly old Englewood School)

## Welcome to the Bedford Lions Club Fitness Challenge 5k!

One of the oldest races in the southern half of the state, The Lions Club 5K has a long history of producing challenging competition and fast times.

The course begins and ends at Cornerstone Childcare formerly the old Englewood School, and heads south through residential neighborhoods. It's an out-and-back course, featuring one challenging climb! This is typically a fast course, so lace your shoes tight!

Dr. Jim I. Sowders  
1615 O Street  
Bedford, IN 47421  
Phone: (812) 275-6155  
E-mail: j.sowders@comcast.net

Location

From north or south of Bedford: take the 16th Street exit (near the large American flag) and head east to the 5th light. Turn right on Washington Avenue . Building is located on the right after 4th stop sign.

Race headquarters located in **Conerstone Childcare**  
(formerly old Englewood School)

Across the street from Englewood Baptist Church  
3118 Washington Avenue, Bedford IN 47421

Awards

Age Group- M/F:0-14, 3/3; 15-19, 3/3; 20-24,3/3; 25-29, 3/3; 30-34, 3/3; 35-39, 3/3; 40-44, 3/3; 45-49, 3/3; 50-54, 3/3; 55-59, 3/3, 60-64, 3/0; 65-69, 3/0; 70-up, 3/0

Trophies to overall male and female winners in  
5K Run, plaques  
to age group winners, and to winners of male and  
female walk.

Entries

Enclose \$17 per entry along with a completed entry form and signed waiver (parent must sign if entrant is under 18).

If sent after 4/17/17 or for race day registration, the entry fees are \$22 per individual.

Make checks payable to: Bedford Lions Club

Send Registration:

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It's a

**Magnificent 7 Race!**

That's right, the Fitness Challenge 5k  
is a Mag 7 race.

Check Events: 5K Run\_\_\_5K Walk \_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Sex \_\_\_\_\_ Age \_\_\_\_\_ E-mail \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

DOB \_\_\_\_\_ T-shirt S M L X-L

Waiver

By entering this event, I acknowledge the following:

I know that participating in this event is a potentially hazardous activity. I should not participate unless I am medically able and properly trained. I also know that although police and volunteer protection and support will be provided, there will be traffic on the course route. I assume the risk of traffic. I also assume any and all risks associated with participation in this event. I agree to abide by the instructions or directives of all representatives of the law enforcement agencies and all persons otherwise acting in the role of safety personnel. While on the course I will yield right-of-way to all emergency vehicles. I waive and release any and all claims and damages against the Bedford Lions Club, the race director, all contracted service providers, and all sponsoring businesses and organizations for any injuries suffered during this event. No Refunds!

Signature \_\_\_\_\_ Date \_\_\_\_\_

If under 18, parent must also sign \_\_\_\_\_