

# FRENCH TOAST STICK 5K

## 5K Cross Country Run

## 3K Cross Country Walk

# May 27, 2017

**Check-In:** 7:30am

**Race Time:** 8:30 am

**Kitchen Opens:** 8:45am

(French Toast, Bacon and Beverages served)

**Location:** North Central 4-H Camp

**Parking:** Lake Carnico (U.S. 68 Carlisle, KY)

**Course:** Rolling hills consisting of pavement, gravel, and grass terrain



(actual t-shirt design may vary)

### Age Divisions

Age	Female	Male	Age	Female	Male
14 & Under	A	B	40-44	M	N
15-19	C	D	45-49	O	P
20-24	E	F	50-54	Q	R
25-29	G	H	55-59	S	T
30-34	I	J	60-64	U	V
35-39	K	L	65 &	W	X

### Awards

- Runners 1st, 2nd, 3rd overall female and male
  - Runners 1st, 2nd, 3rd place in each age division
  - Walkers 1st, 2nd, 3rd overall
  - Youngest & Oldest Participant
  - Largest Team (min of 5 per team)
  - Fastest Team (Min of 5 per team)
  - Door Prizes!!!
- Pre-registered racers will receive a race t-shirt. Race day registrants will receive a t-shirt while supplies last.**




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University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
 4-H Youth Development

### Participant Registration

Entry Fee (individual):      Early-Bird (Before *April 30*): \$20.00      May 1 - Race Day: \$25.00  
 Entry Fee (team):      Early-Bird (Before *April 30*): \$15.00/person      May 1 - Race Day: \$20/person  
 Entry (Check One):      Runner \_\_\_\_\_ Walker: \_\_\_\_\_      Age Division: \_\_\_\_\_  
 Name: \_\_\_\_\_      Email: \_\_\_\_\_      Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Photo Release (Circle One)    Yes      No      Team Name (if applicable): \_\_\_\_\_

T-Shirt Size (Circle One): YS YM YL YXL AS AM AL XL XXL (actual t-shirt design may vary)

I do hereby release Kentucky 4-H Camp, the University of Kentucky, and its members, trustees, officers, employees, independent contractors, volunteers and extension staff from any and all liability, damages, cost and expenses arising out of or relating to bodily or psychological injury, loss of life, or personal property that may occur as a result of participating in the 5K run and 3K walk.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

(if Participant is a minor) Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### “Missed the Morning Siren” Registration

For anyone not able to participate in the race/walk, you can still support the French Toast Stick 5K by purchasing a race t-shirt at the participant rates:

Entry Fee (individual):      Early-Bird (Before *April 30*): \$20.00      After May 1: \$25.00  
 T-Shirt Size (Circle One): YS YM YL YXL AS AM AL XL XXL (actual t-shirt design may vary)  
 Name: \_\_\_\_\_      Email: \_\_\_\_\_      Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Checks Payable to: Kentucky 4-H Foundation**

**Registration & Payment to: Jessamine County 4-H Attn: 5K, 95 Park Drive, Nicholasville, KY 40356**

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.