

## Ken-Ya Run It? 5K & 1 Mile Walk

Anderson Park  
341 Martin Luther King Jr. Blvd  
Bristol, TN, Bristol, TN

**4/13/2024**

8:30 am. The Ken-Ya Run It? 5K run & 1 mile walk is a fundraiser which supports Bristol Hub mission teams travel to Kenya where we will continue to fund the education, supplies and food for 30 orphans in Embu, Kenya.

Early Bird Registration: Through 4/1	Regular Registration: 4/1 through 4/12	Race Day Registration: 4/13
5K Run \$20 1 Mile Walk \$10	5K Run \$25 1 Mile Walk \$15	5K Run \$30 1 Mile Walk \$20

**Make checks payable to:** Reynolds Memorial United Methodist Church

**Mail this form to:** Reynolds Memorial United Methodist Church  
1320 Mary Street  
Bristol VA 24201

T-shirts guaranteed thru April 1

Headphones are NOT permitted on the course | Strollers are permitted on the course

	<b>Ken-Ya Run It? 5K Male &amp; Female Awards:</b>	<b>1 Mile Walk (Untimed) Male &amp; Female Awards:</b>
For more info contact Robert Kariuki, kariukirob@yahoo.com	Overall (top 3) Top Masters Top GrandMasters  <b>Age Groups (top 3)</b> 10 under, 11- 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 over	No awards

## **Ken-Ya Run It? 5K & 1 Mile Walk**

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ M.I. \_\_\_\_\_

SEX \_\_\_ DATE OF BIRTH \_\_\_ / \_\_\_ / \_\_\_ AGE ON RACEDAY \_\_\_ E-MAIL \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

RACE DAY EMERGENCY CONTACT (NAME AND PHONE) \_\_\_\_\_

\*\*\* **CIRCLE EVENT:** Ken-Ya Run It? 5K | 1 Mile Walk (Untimed) \*\*\* **CIRCLE SHIRT SIZE:** SM, MD, LG, XL, XXL

IN CONSIDERATION FOR ACCEPTING MY ENTRY IN THIS RACE, I FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE AND RELEASE FOREVER ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST THE ORGANIZERS AND SPONSORS OF THIS EVENT. I ALSO RELEASE THE ABOVE NAMED FOR ALL CLAIMS OF DAMAGE DEMANDS, AND ACTIONS IN ANY MANNER DUE TO ANY PERSONAL INJURIES, PROPERTY DAMAGE, OR DEATH SUSTAINED AS A RESULT OF MY TRAVELING TO AND FROM AND MY PARTICIPATION IN SAID RACE. I ATTEST AND VERIFY THAT I AM PHYSICALLY FIT AND HAVE SUFFICIENTLY TRAINED FOR THE COMPETITION OF THIS EVENT. IN FILLING OUT THIS FORM, I ACKNOWLEDGE I HAVE READ AND FULLY UNDERSTAND MY OWN LIABILITY AND ABILITY. PARTICIPANTS USING HEADPHONES ARE NOT ALLOWED ON THE RACE COURSE.

SIGNATURE \_\_\_\_\_ DATE \_\_\_ / \_\_\_ / \_\_\_ (Parent signature if under the age of 18)