

# Independence Day 5K



**July 3, 2010 8:00 am**

**Lincoln Parish Park, Ruston, LA 3.1 MILE Off-Road WALK/RUN**

- Race Location**— Lincoln Parish Park in Ruston LA.
- What type of Course**— Mostly Off-Road double track. Come experience the fun. You can walk or you can run, either way celebrate Independence Day with a purpose.
- Race Costs**— The Entry Fee for this event is by donation. There is not a set price so give how you see fit to support the mission of Extreme Missionary Adventures to spread the good news of Jesus Christ. Go to [www.xmaonline.com](http://www.xmaonline.com) for more information to see what XMA stands for and discover the areas they serve, from Haiti to Peru, to Asia; the world is the limit. The day of the race we can process Credit, Cash or Check. Mail Checks to 16 Pierce Road, Rayville, LA 71269. Make Checks payable to Extreme Missionary Adventures.
- Post Race**— We will have refreshments and a few other goodies to munch on.
- Results will be posted** — [www.steelsports.net](http://www.steelsports.net)
- Packets**— While Supplies last, Included in your packet you will receive an exclusive XMA stainless steel water bottle and a free copy of Trail Runner Magazine complements of XMA. If you donate \$100 or more you will also receive an exclusive Haiti Performance tech tee while supplies last.
- Packet Pick-up**— Lincoln Parish Park, Ruston Louisiana, Follow the signs in the park to packet pickup— Friday July 2nd from 1pm —6pm Saturday race morning 7am-7:45am
- Awards**— This is our first year to have this race so we will base the distribution on participants registered by June 28th.
- Special Thanks**— We would like to extend a special thanks to the following for allowing this event to take place: Lincoln Parish Park, Fellowship of Christian Athletes (Team FCA), Steelsports.net, Extreme Missionary Adventures.

**Lets us know you're coming and complete this app or go to [www.steelsports.net](http://www.steelsports.net) and complete the online form**

<b>INDEPENDENCE DAY 5K</b>					
<b>Last Name</b>	<b>First Name</b>	<b>Circle One:</b> <b>5K</b>			
<b>Address</b>			<b>Division</b>		
<b>City</b>	<b>State</b>	<b>ZIP</b>	<b>Gender</b>	<b>Birthdate</b>	<b>Age</b>
<b>YL S M L XL XXL</b>					
<b>T-shirt (Only for those who donate \$100 or more, while supplies last)</b>					
<b>Email Address</b>		<b>Amount Paid</b>	<b>Cash or Check</b>		
OFFICE USE ONLY:					<b>RACE # GIVEN</b>
AMOUNT DONATED		TYPE OF PAYMENT	PAYMENT COLLECTED BY		
<b>I Waiver &amp; Release</b>					
I understand that my participating in the Independence Day 5k may subject me to injuries/and or illnesses. I also understand that preparations by race management are subject to change. In consideration of acceptance of this application by the race director, I forever waive, release and discharge any and all rights, demands, claims for damage and cause of suit or action that I may have against any and all participating race sponsors, Steelsports.net, XMA, Lincoln Parish Parks, supporters, volunteers and associates. I am physically fit and sufficiently trained in this race. I agree to follow all rules of this race, and to permit myself to be removed from the race if in the opinion of the race administrators my continuing would endanger my health.					
<b>Signature</b>	<b>Date</b>	<b>Parent/Guardian (if under age of 18)</b>		<b>Date</b>	