

4th Annual

# LEGS FOR LIFE 5K

2012

www.LEGSFORLIFE5K.com

Run in honor  
or memory  
of a loved one!

On-line  
registration  
available!

**Use your legs to save a life!  
Sign up now to run or walk  
to benefit The Leukemia &  
Lymphoma Society!**

**Date: March 24, 2012**

**Time: 8:00 am start**

**Pre-register by: March 9, 2012**

Entry Fees for 5K:

- \$15 by March 9, 2012
- \$20 after March 9, 2012

Entry Fees for Little Legs 1-Miler:

- \$10 by March 9, 2012
- \$15 after March 9, 2012

**Enjoy a USATF certified course  
(former Hudelson Hustle course)  
through Foundation Park in Centralia, IL.  
This road course contains some  
short hills through a beautiful park.**

**For more information contact:  
Reid and Shannon Shipley  
Phone: 618-533-2569  
E-mail: legsforlife@gmail.com**

*Packet pick-up and on-site registration at Trinity Lutheran  
School gymnasium: 203 S. Pleasant Ave, Centralia, IL*

St. Mary's Good Samaritan  
Incorporated

**AWARDS**

1st, 2nd, & 3rd place  
awards given for each  
age division and overall.

Tech shirts to all  
participants.

*\*Tech shirt not guaranteed without pre-registration*

**Door Prizes!**

**COURSE RECORDS**

**Men - 15:20  
Women - 17:30**



**The Leukemia &  
Lymphoma Society**  
Fighting Blood Cancers



*\*Proceeds to benefit The Leukemia & Lymphoma Society.*

**Register online or  
mail form and entry fee to:**

(Checks payable to: Legs for Life 5K)

Legs for Life 5K  
Reid and Shannon Shipley  
962 Green Street Rd.  
Centralia, IL 62801

**Phone: 618-533-2569**

**Email: legsforlife@gmail.com**

**www.LEGSFORLIFE5K.com**

Name and Address:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

E-mail: \_\_\_\_\_

\_\_\_\_\_

Shirt Size: YM YL S M L XL XXL

*\*Tech shirt not guaranteed without pre-registration*

Little Legs 1-miler \_\_\_\_\_ 5K \_\_\_\_\_

Sex \_\_\_\_\_ Age on race day \_\_\_\_\_

**WAIVER: I hereby waive all claims against  
Legs for Life 5K or anyone associated with  
it for any personal injury I might suffer in  
this event. I attest that I am healthy and  
physically able to participate and that I  
am 18 years of age or older or with legal  
guardian's consent. I grant permission  
to use photos or records of myself by the  
Legs for Life 5K committee.**

Signature \_\_\_\_\_

Date \_\_\_\_\_

Signature of parent or guardian if under 18 years of age \_\_\_\_\_

Date \_\_\_\_\_