

11th Annual

LEGS FOR LIFE 5K

Run in honor or memory of a loved one!

On-line registration available!

LEGSFORLIFE5K.com

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

Date: March 23, 2019
Time: 8:00 am start
Pre-register by: March 8, 2019

Entry Fees for 5K:
 • \$20 by March 8, 2019
 • \$25 after March 8, 2019
 Entry Fees for Little Legs 1-Miler:
 • \$15 by March 8, 2019
 • \$20 after March 8, 2019

**Enjoy a USATF certified 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: 618-367-0003
E-mail: legsforlife@gmail.com**

*Packet pick-up and on-site registration at 7am Trinity
Lutheran School gymnasium: 203 S. Pleasant Ave, Centralia, IL*



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 by March 8*

Door Prizes!

COURSE RECORDS
Men - 15:20
Women - 17:30

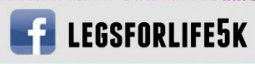


**Proceeds to benefit The Leukemia & Lymphoma Society.*

**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: 618-367-0003
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 by March 8*
 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