

FRENCH TOAST STICK 5K

5K Cross Country Run

3K Cross Country Walk

May 12, 2018

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.




FRENCH TOAST STICK 5K

5K Cross Country Run

3K Cross Country Walk

May 12, 2018



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*): \$25.00 May 1 - Race Day: \$30.00
 Entry Fee (team): Early-Bird (Before *April 30*): \$25/person May 1 - Race Day: \$30/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*): \$25.00 After May 1: \$30.00
 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.