

participation in the activity. While it is impossible to foresee all possible dangers, some include: Slipping or falling on the trail, bumps, bruises, cuts, insect bites, poison ivy, sprains, fractures or other injuries. Please note that most activities are conducted in the out-of-doors in all kinds of weather so proper dress (rain gear, warm clothing) are essential to avoid exposure to the elements. The race officials will take every reasonable precaution to minimize exposure to known risks, however, as a participant you acknowledge the nature of the activity and the fact that not all of the stresses and hazards connected with the activity can be foreseen. You have the personal responsibility to follow the established safety rules and procedures to the extent that you participate in such activities. If at any time you have questions about the activity, you have the responsibility to consult with race officials.

In case of inclement weather the race officials reserve the right to alter/modify the race course or cancel the even for safety concerns.

I recognize that there is a significant element of risk in any adventure, sport or activity associated with the outdoors. Knowing the inherent risks, dangers and rigors involved in the activities, I certify that my family and I, including any minor children, are fully capable of participating in the activities.

Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release 4-H Youth and Family 5K, the University of Arkansas, ArkansasRunner.Com, and all sponsors.

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent Signature if under 18 years:

\_\_\_\_\_

Date: \_\_\_\_\_

Sponsored by:



Arkansas 4-H Center

UofA UNIVERSITY OF ARKANSAS  
DIVISION OF AGRICULTURE

arkansas4hcenter.org



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# JOIN US IN THE 4-H Youth & Family 5K Trail Run/Walk



When: Saturday April 17, 2010  
9:00 a.m at the C.A Vines 4-H Center

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## Hit the Trail!

Nestled in the foothills of the Ouachita Mountains just 10 miles west of Little Rock, the C.A. Vines 4-H Center offers scenic beauty as you run/walk through the woods in the 4-H 5K. Come take part in a fitness event for the entire family.

## Registration

Pre-register by filling out an entry form. Make checks payable to Arkansas 4-H Foundation C/O 4-H 5-K, and mail to C.A. Vines Arkansas 4-H Center, #1 Four-H Way, Little Rock, AR. 72223

- Youth \$5 if pre-registered or \$10 day-of-the race
- Adult \$15 if pre-registered or \$20 day-of-the race

Additional entry forms can be uploaded at <http://www.arkansasrunner.com/misc/entries/4hentry.htm>.

## Start Times

7:30 am Registration/package pick-up begins  
9:00 am 5K begins  
11:00 am Awards

## Categories and Awards

All participants will receive an official race shirt and number. Awards will be given to overall male & female runners as well as 1st, 2nd, and 3rd place in age/gender categories.

## Questions

Tony Baker 501-821-4444 –  
tbaker@uaex.edu

## Directions:

Get personal driving direction at <http://arkansas4hcenter.org/FindUs/default.asp>

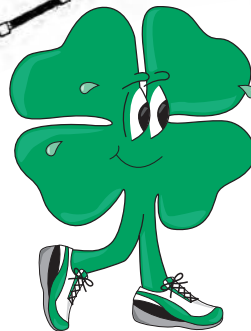
## From I-430:

After crossing the Arkansas River from the north, take the first exit - Cantrell/ Highway 10 and

travel west (right). Follow Highway 10 8.5 miles. turn left onto Ferndale Cutoff (West Pulaski Fire Department will be on the right). Follow Ferndale Cutoff 5 miles to stop sign in Ferndale. Travel another 1.1 miles on Ferncliff Rd. The 4-H Center will be on the right. Watch for registration signs. From South, take Shackelford exit and loop around to get on I-630. See instructions below.

## From I-630:

Stay on I-630 west until the Interstate ends at a stop light at Shackelford. Continue through the light. This will be Financial Center Parkway and will turn into Chenal Parkway. Travel approximately 2.5 miles on Chenal Parkway. Turn left on Kanis Road (after you pass the Kroger store on your left). Travel another 1.4 miles and bear left at the "Y". After 5.4 miles, you will get to a 4-way stop at Ferndale. Turn left onto Ferncliff Rd. and travel 1.1 miles and turn right into the 4-H Center. Watch for registration signs.



## 4-H 5K Trail Run/Walk Entry Form

April 17, 2010 9:00am Little Rock, AR

Name: (1 form per person)

Last: \_\_\_\_\_

First: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Age on 4/17/2010: \_\_\_\_\_ Sex: M F

Shirt Size: S M L XL XXL

Total amount paid \$ \_\_\_\_\_

Youth Division: 8 & under 9-11 12-14 15-18  
Adult Division: 19-29 30-39 40-49 50-59 60+

Virtual Runner: For those who cannot run but will still like to contribute and receive a t-shirt.

Youth \$5 if pre-registered, \$10 day of race  
Adults \$15 if pre-registered, \$20 day of race

How did you hear about the race? \_\_\_\_\_

Are you a member of 4-H? \_\_\_\_\_

Make checks payable to:  
Arkansas 4-H Foundation C/O 4-H 5-K  
Mail to: C.A. Vines Center, #1 Four-H Way, Little  
Rock, AR. 72223

## STATEMENT OF UNDERSTANDING/ MEDICAL INFORMATION

I am aware in signing this statement for participation in the programs at the Arkansas 4-H Center that certain activities are physically demanding. Therefore, physical fitness will increase your enjoyment and ability for

(over)