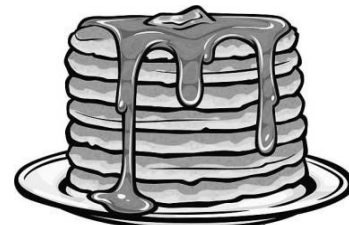
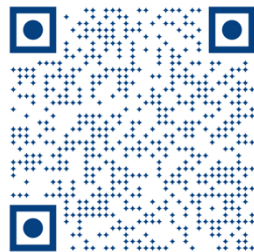


# JOYFUL VENTURES 4TH ANNUAL 5K AND FAMILY JOYWALK



Pancakes

Included for all entries!

May 7<sup>th</sup> at Mackinzie Park

Pre- Registration fee:	Age Divisions:	Awards for 5k:	Race Day Schedule:
\$30 -5K \$25 -Joy Walk  Late Registration: Add \$10	Male and Female  Under 8, 9-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69 , 70-99	Top 3 male and female finishers in each age division.  1 <sup>st</sup> Overall- 1Male & 1 Female	Check in 8:00am  Run Starts at 9:00 am  Chip Timed Event!!!

All Proceeds benefiting Breast Cancer as well as Non-Ketotic Hyperglycinemia Awareness and Research.

**Entries must be received by April 22nd to be guaranteed a T-shirt.**

Be sure to bring the Family. Runners and Walkers of all Fitness levels are Welcome!!!

**Mail form to:**  
Joyful Ventures  
2209 96th Street  
Lubbock, TX 79423

**For Questions:**  
jv5klubbock@gmail.com

**Checks Payable to:**  
Joyful Ventures

**Event info:** [www.joyfulventures.us/events](http://www.joyfulventures.us/events) **Don't forget to check us out on**  **@jvcij**

✂ \_\_\_\_\_

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

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

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

Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Alt. Phone: (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

Age on May 11, 2019: \_\_\_\_ M \_\_\_\_ F \_\_\_\_

Please Circle T-Shirt Size:    YS    YM    YL    S    M    L    XL    2XL    3XL

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

I am entering the: 5k \_\_\_\_\_ Family Joy Walk (approx. 1 mile) \_\_\_\_\_

Signature of Runner: \_\_\_\_\_

Signature of Parent/Guardian if under 18: \_\_\_\_\_

Waiver/Release: I assume all risks associated with participation in this event including, but not limited to falls, contact with other participants, the effects of weather and the conditions of the road, all such risks being known by me. Having read this waiver, knowing the facts, and in consideration of you accepting my entry, I, for myself and anyone else acting on my behalf, waive & release & indemnify Joyful Ventures, volunteers, and officials from all claims & liabilities of any kind arising out participation in this event and/or related activities of any nature, even though such liability may arise out of negligence or carelessness on the part of any of the persons named in this waiver. I understand there will be no refunds. I attest to be in proper physical condition to participate in the event. I hereby grant full permission to use my name & any photographs, videotapes, or other record of this event for any purpose.