

Makin' A Milk Run

5K & 1 mile fun run
Saturday, June 12, 2010
8:30 a.m.
Dameron Park
(Park Avenue / Ave B)
Hereford, Texas

In conjunction with Hereford Dairy Day,
Panhandle Dairy Women of Hereford
presents

Makin' a Milk Run 5k and 1 mile fun run.
Proceeds from this race will go towards upgrading
play equipment at Dameron Park. Lunch in the park
afterwards at 11:00 and other great dairy related
activities including the SWDF
Mobile Milk Classroom.

Early Registration

Mail complete form and fee to:

Panhandle Dairy Women of Hereford
5155 FM 1057
Hereford, TX 79045

Before June 1, 2010

5K Run	\$15
Kids/Family 1mile (following 5k run)	\$ 5

Late Registration

June 12, 7:45 a.m.

Dameron Park on Park Avenue
Late Entry Fee - 5K \$20
after June 1st 1mile \$ 5

Preregistration Packet Pickup

June 11, 2010 8:00 a.m. - 5:00 p.m

at State Farm Insurance,
Shavon Benson, Agent
615 S. 25 Mile Avenue
Hereford, Texas

Let's Moooooove It!

Makin' a Milk Run Registration Form

Must have a signed form for each individual

Name: _____

Address: _____

City: _____ ST: _____ ZIP: _____

Day Phone: _____ Home Phone: _____

Email: _____

Gender(circle one): M F AGE: _____ DOB _____

Shirt Size: Youth S M L Adult: S M L XL XXL

Circle One: 5K Run Kids 1mile/or Family Walk

Kids 1mile: Every child gets a medal/Family may accompany child

Adult 5K	13 & Under	14 - 19	20 - 29	30 - 39
age divisions	40 - 49	50 - 59	60 & over	

Checks Payable To: Panhandle Dairy Women of Hereford (PDWH)

Mail to: 5155 FM 1057
Hereford, Texas 79045
(806) 578-4767
(806) 759-3327

Waiver: In consideration of the acceptance of the entry form, I hereby release the Panhandle Dairy Women of Hereford, its officers, directors, representatives, and the volunteers, sponsors, promoters, and all other persons or entities associated with the Panhandle Dairy Women of Hereford "Makin' a Milk Run" (collectively "Releases") from liability for any injuries received by me during participation in this sporting event. I recognize that participation in the Panhandle Dairy Women of Hereford "Makin' a Milk Run" exposes me to risks including, but not limited to, running related injury and traffic, **AND I HEREBY ASSUME FULL AND COMPLETE RESPONSIBILITY FOR ANY INJURY OR ACCIDENT WHICH MAY OCCUR DURING MY ATTENDANCE AT OR PARTICIPATION IN THIS EVENT.**

Signature: _____

Parent/Guardian Signature: _____

