



**Southeast Hospital College of Nursing  
and Health Sciences 5k  
Saturday April 7<sup>th</sup>, 2018 \* Arena Park Shelter 1  
Registration 7:00am Run begins 8:00am**

**Age Divisions: Under 19, 20-29, 30-39, 40-55, 56+**

Awards: Overall top 3 male and female

**Entry Fee:** 25\$/ person 5k and shirt  
\$15/ person 5k without shirt  
10\$ shirt only  
Race day entry fee: 25\$ per person- shirt not guaranteed

**How to Register:**

**\*\*Complete registration form: payment and form can be mailed to or dropped off at:**  
Southeast Hospital College of Nursing and Health Sciences

Attn: 5k

2001 William Street Cape Girardeau MO, 63703

**\*\*\*You can also register ONLINE at:** [http://www.runreg.com/\\_seh-heart-and-sole-5k](http://www.runreg.com/_seh-heart-and-sole-5k)

Contact- Kelsey Turnbough: (910) 973-1314 or [kturnbough@sehcollege.edu](mailto:kturnbough@sehcollege.edu)

**\*Proceeds Benefit the Southeast Hospital College of Nursing & Health Sciences Student Council and Scholarship Fund**

**Heart and Sole Registration Form- please print legibly and return with payment**

Name: \_\_\_\_\_ Gender: \_\_\_\_ Age at time of race: \_\_\_\_\_

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

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

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

**Entry Type, Choose One:**

\_\_\_ \$25 / Person (T-shirt Included) \_\_\_ \$15 / Person (No T-shirt) \_\_\_ \$10 T-shirt only \_\_\_ \$Donation

**T-shirt Size Circle One:** SM M L XL 2X (\$2 extra) 3x (\$3 extra) None

**\*\*Make checks payable to: Southeast Hospital College of Nursing and Health Sciences Student Council**

**Wavier Must be Signed:**

In consideration of your accepting this entry, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrations, waive and release and any all rights and claims for damages I may have agasint Southeast Hospital College of Nursing & Health Sceinces, the race, the sponsors and their representitives, sucesors and assigns for any and all injuriessuffered by me and in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficetly trained for the competiton of this event. Furthermore, I herby grant full permission to use my name and likeliness as well as any photogrpahs and any recors of this event in which I may appear for any legitmate purpose, including advertising and promotion.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent or guardian if under 18:**

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