

1st Annual Zonta 5k Run/Walk

Miles to Improve the Lives of Women and Children



Zonta Club of Laramie
Member of Zonta International
Advancing the Status of Women Worldwide

- Held in Laramie Wyoming at Optimist Park/ Green belt . This charitable running/ walking event supports the women and children in our community.

- **Proceeds Benefit:**

- Climb Program
- Downtown Clinic
- Reproductive Health
- LCCC
- Albany County S.A.F.E. Project
- Interfaith
- Laramie Head Start
- And many others

September 17, 2011 at Optimist Park/ Green Belt

The entry fee for the 5K run/walk is \$15 for pre-registration and \$20 for race day registration. Entry fee includes a race day T-shirt, course aid and treats.

Registration: 7:00 am
5K Run: 8:00 am

Please return by September 13th the completed form along with entry fee.

Make checks payable to Zonta Club of Laramie:

Zonta Club of Laramie
P.O. Box 1296
Laramie, WY 82073

Registration and Waiver

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Sex: _____ M _____ F

Age on race day: _____

Adult T-shirt: S M L XL

Email: _____

I, the undersigned, knowingly accept and fully understand the inherent risks in running a race. For acceptance of my registration to participate in this event, I hereby release Zonta Club of Laramie of , volunteers, participants and sponsors from any and all claims or liabilities that may arise from my participation in the competition.

Signed (If under 18, parent or guardian must sign)

**For More information
contact:**

Kathy Galster
galsterk@ides.com
760-8288