

# Step It Up Stampede

**5K Fun Run and 1 Mile Fun Walk  
Saturday, June 7, 2008**

Hosted by

**LifeCare Fitness Center Onaga**

a division of Community Healthcare System, Inc.  
120 W. 8<sup>th</sup> Onaga, KS 66521 785-889-4256

- Registration at 6:30am, 5K Fun Run at 7:00am, 1 Mile Fun Walk at 7:05am
- \$15 registration fee (children eleven and under are free to race or walk with a registered adult, \$10 for a T-shirt if they would like one)
- **New this year! Family Rate!** \$54 for a family of four, 10% savings!
- Participants receive a T-shirt and race packet goodies, bottled water, and a nutritious snack.
- Many excellent door prizes will be given away
- Medals and trophies given to top finishers in age/gender categories
- Pre-register at the fitness center or call or email to have a registration form mailed to you.

## Sponsors

Road ID

Pepsi Cola Bottling Company

Chapel Oaks Funeral Home

The Onaga Pharmacy

First Trust Company of Onaga

MGP Ingredients, Inc.

Blue Valley Tele-

Communications, Inc.

AP ComPower Inc.

**Questions? Call 785-889-4256 or email [c.koelzer@chcs-ks.org](mailto:c.koelzer@chcs-ks.org).**

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**5K Fun Run/1 Mile Fun Walk**  
**Saturday, June 7, 2008**  
**LifeCare Fitness Center Onaga**  
**a division of Community HealthCare System,**  
**Inc.**

Registration

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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

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

Gender: M F Age: \_\_\_\_\_

Please Circle:    5K Fun Run            1 Mile Walk            Walk 5K  
Course

T-shirt size:

Youth\_\_\_\_    Adult: S\_\_\_\_    M\_\_\_\_    L\_\_\_\_    XL\_\_\_\_  
2XL\_\_\_\_

Registration fee is \$15. Family rate is \$54 for a family of four. You receive a T-shirt, race packet goodies, and more. Children eleven and under are free to race or walk, \$10 for a shirt if they would like one.

Total due: \$\_\_\_\_\_    Paid, Date: \_\_\_\_\_    Owes:  
\_\_\_\_\_

**Make checks payable to CHCS.**