

One Step At A Time, Recovery 5K!

JOIN US FOR OUR ANNUAL 5K AND SUPPORT
RECOVERY IN OUR COMMUNITY! IF YOU'RE NOT A
RUNNER, WALK THE COURSE! THIS IS FAMILY
FRIENDLY AND REGISTRATION IS EASY!



Breaking the Chains of Addiction

5K FUN RUN/ WALK
MAY 15, 2023 AT 5:30 PM

Presented By: Lewis County Drug Court Foundation & Alumni Association

Starting Time: Registration starts at 4:00 & 5K **PROMPTLY** at 5:30 PM

Location: Stan Hedwall Park

Course: 5K is an out and back on Rice Road. All paved & rain or shine.

Registration: By mail (PO Box 625 Chehalis) or drop off at the Lewis
County Drug Court Office, Eugenia Center or registration on
Race day is available, but T-shirt is not guaranteed!

Entry fee: \$30 includes your t-shirt— t-shirts are only guaranteed if you
are *registered before 4/28/22!* \$90 for a family of up to 4 registrations

Questions? Call or Text Stephanie 360-880-1060 or Brant 360-880-3871

Lewis County Drug Court Foundation and Alumni Association

ONE STEP AT A TIME, RECOVERY 5K!

5K Fun Run/ Walk ~ May 15, 2023 @ 5:30pm

Stan Hedwall Park

Please Print

Name: _____

Street Address: _____ **Email:** _____

City: _____ **State:** _____ **Zip:** _____ **Phone:** _____

Date of Birth: _____ **Age:** _____ **Sex:** M/ F **Adult Shirt Size:** XS S M L XL 2X

Amount Enclosed: _____ **Make Checks Payable to:** Lewis County Drug Court Foundation

I know that walking/running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained. By my signature, I certify that I am medically able to perform this event. I agree to abide by any decision of a race official relative to any aspect of my participation in this event. I assume all risks associated with walking/ running in this event, including but not limited to the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of participation, I, for myself and anyone entitled to act on my behalf, waive and release the Drug Court Foundation and any associated entities from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the entity named in this waiver. I grant permission to the race organizer to use my photographs and recordings from this event for any legitimate purpose. This race is not sponsored by Lewis County, Lewis County Drug Court or Lewis County Superior Court. Lewis County, Lewis County Drug Court and Lewis County Superior Court are not liable for any damages that may occur while participating in this event.

Participant Signature: _____

Parent/Guardian Signature: _____