

**—Kanab 10K—**  
**May 9<sup>th</sup>, 2009 @ 8 AM**  
**For More Info: Megan @ 435.899.0364**

**The Kanab 10K**

The Kanab 10K starts north of Kanab at Moqui Cave on Highway 89 and finishes at the La Estancia Clubhouse. You will enjoy beautiful views of the vermilion cliffs during the entire course. A feast of post race refreshments for all participants will be available, compliments of Glazier's Food Town. \*Absolutely no support vehicles, strollers, bikes, or dogs will be allowed on the race course.\*

**REGISTRATION**

Pre-register in person at Adobe Fitness or Kane County Travel Council. Or pre-register online at [www.active.com](http://www.active.com) or [www.runnercard.com](http://www.runnercard.com). Or mail this form with payment to Megan Smith, P.O. Box 329, Kanab Utah 84741.

**Early Registration Fee**  
**\$20.00 on or before May 3rd**

**Late Registration Fee**  
**\$25.00 after May 3<sup>rd</sup>**

Registration will take place at the La Estancia Clubhouse Friday night, May 8<sup>th</sup> between 5 & 8 pm and Saturday morning May 9<sup>th</sup> between 6 & 7 am.

**Location:** All participants will need to be at the Kanab City Park (100 E. 500 N.) between 6:30-7:30 am to catch a ride to the starting line. Last ride leaves at 7:30! Race begins at 8 am.

**Packet Pick-Up:** We encourage all runners to pre-register and obtain their packets between 5 & 8 pm the day before the race at the La Estancia Clubhouse (go east on 300 N. and turn on Los Barancos Lane). Packets can also be picked up between 6 & 7 am on race day at the Clubhouse.

**Awards:** Custom made trophies by Western Hills will be awarded three deep for all running divisions and top male and female finishers. Top male and female finishers will also receive an additional substantial reward. Also, all participants who finish are eligible for the drawing where cash and merchandise will be given away. You must be present to win in the drawing held after the awards ceremony.

**Official Kanab 10K Registration Form**

Mail to: Megan Smith, PO Box 329, Kanab UT 84741

**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Age as of race date** \_\_\_\_\_ **Gender** \_\_\_\_\_ **Circle Shirt Size:** Child S M L XL XXL

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Waiver:** In consideration of accepting my entry, I or my heirs, executors and administrators hereby waive and release all right and claim for damages I may have against the Kanab 10K, Kanab City, Kane County, or the State of Utah, their representatives and assigns, for any injuries suffered by me while traveling to and from and competing in said events. I further attest and certify that I am physically fit and have sufficiently trained for competition in this event.

**Signature** (person or guardian if under 18) \_\_\_\_\_