



**FIGHT 4
THE LIGHT**

**5K GLOW
RUN/WALK**

SUICIDE AWARENESS EVENT

**SATURDAY, SEPT. 20, 2025
AT ELLSWORTH REC CENTER**

CEREMONY OF LIGHT: 7:30PM

REGISTRATION: 7PM; RACE START: 8PM

**ENTRY FEES: \$25 PRE-REGISTERED BY SEPTEMBER 12
\$30 AFTER AND ON DAY OF THE RACE**

REGISTER BY SEPT. 12 TO RECEIVE A SHIRT



**FOR MORE INFORMATION CONTACT
MIDWAY EXTENSION DISTRICT:**

Jessica Kootz, 785.472.4442; jessicak@ksu.edu

Nancy Jensen, 785.531.1220, njensen@ellsworthcoop.com

K-STATE
Research and Extension

Midway District

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5K RACE FORM

PLEASE COMPLETE ONE ENTRY PER PERSON.

First Name : _____ Last Name : _____

Address : _____

City, State, Zip : _____

Phone Number : _____ E-Mail : _____

Gender : ☐ Male ☐ Female ☐ Choose Not to Provide Age on Race Day : _____

T-shirt Size : *Must be registered by Friday, Sept. 12 to receive a shirt.*

Youth: ☐ YXS ☐ YS ☐ YM ☐ YL ☐ YXL Adult: ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL

Pre-Registration : \$25 (By Sept. 12) After Sept. 12 : \$30 Make checks payable to Midway Extension District.

EMERGENCY CONTACT DETAILS

Contact Name : _____ Home Number : _____

Relationship : _____ Mobile Number : _____

WAIVER

I acknowledge that my participation in the 5K Fun Run/Walk involves risk of injury, including bodily injury, and assume the risk for same. In consideration for being allowed to participate in the event, I hereby release and discharge K-State Research and Extension (KSRE), Kansas State University, KSRE – Midway District, and their respective directors, executive board, officers, employees, affiliates, members, agents and representatives, of and from any and all liability for injury, death, or damages and/or any other claims, demands, losses or damages, incurred by me in connection with any aspect of the 5K run and walk. I certify that I am in suitable health and capacity to participate in this program.

Signature : _____ Date : _____

Parent's Signature (If under 18) : _____ Date : _____

For More Information :

📍 210 N Kansas Ave, Suite 1
Ellsworth, KS 67439

📞 785.472.4442

✉️ jessicak@ksu.edu

K-STATE
Research and Extension

Midway District

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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