

Come with us! "Sweat"



DR. JAY YOST NO SWEAT 5K

2nd Annual Dr. Jay Yost No Sweat 5K

When: Saturday, September 23rd
7:00 AM Registration and check-in
7:30 AM 5K Start
8:30 AM Fun Run (1 mile race for 12 & under)

Where: Girard Medical Center
5K Registration: \$25.00
Fun Run: \$10.00

Awards for:

Overall Best Time for Male & Female
Overall Best Time for Fun Run for Boy & Girl
1st, 2nd & 3rd for each age division for 5K:

- 15 & under
- 16-21
- 22-30
- 31-40
- 41-50
- 51 - 60
- 61 & up



DEADLINE TO REGISTER SEPTEMBER 15TH

Registration forms can be emailed, dropped off, or faxed to Morgan Vitt at mvitt@girardmedicalcenter.com.

Make checks payable to Girard Medical Center.

Girard Medical Center
Attention: Morgan Vitt
302 N Hospital Drive, Girard KS 66743
For more information call 620.724.8291 x 221
Fax: 620.724.5195



2023 Registration Form

WHEN - SATURDAY, SEPTEMBER 23RD

- 5k Registration: \$25.00 includes shirt & swag bag
- Fun Run (12 and under): \$10.00 includes shirt & participant medal

5K REGISTRATION

Name:

Age: Gender: Male Female

Address:

Phone: Shirt Size (S-2XL):

FUN RUN-12 AND UNDER (1 MILE)

Name:

Age: Gender: Male Female

Address:

Phone: Shirt Size (Youth XS-2XL):

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