



Hopkins Co. STEP Coalition
BAJA 5k RUN
412 N Kentucky Ave
Madisonville, KY 42431

Course

- The 5k run features a course through the Trover Health System campus and through several Madisonville streets. Course includes a few small hills. The one mile fun run/walk circles the THS campus.

SPONSORED BY

- Fitness Formula - A member of Trover Health System
- Hopkins County Health Department
- First United Bank
- Madisonville Community College
- Murray State University
- Old National Bank
- Hudson Automotive
- Landmark Construction
- Kroger
- Dr. Steve Sampson

The Hopkins County STEP Coalition

BAJA

Bone And Joint Awareness

5k Run & One Mile Fun Run/Walk

**Saturday,
October 3, 2009
9:00 a.m.**

At Trover Health System
Sports Medicine And
Rehabilitation Center
950 Hospital Drive

Start

Thinking

Exercise

Power Coalition



Race Features

- Men's and Women's Overall Awards
- Long-sleeved race shirts to all entrants
- Refreshments
- Free Massages by Madisonville Community College Physical Therapy Assistant Program

Age Division Awards

- 1st, 2nd, and 3rd place awards given in each age group
- 1st - 3rd overall men's & women's

Age Divisions (Men's & Women's Division)

19 & Under	40-44	65-69
20-24	45-49	70-74
25-29	50-54	75+over
30-34	55-59	
35-39	60-64	

- Award program will begin after results are compiled & will be presented in the Sports Medicine gymnasium.

One Mile Fun Run/Walk

- For the family or individual looking for a healthful run/walk
- Race shirts and registration prizes
- Healthiest Kids trophy will be given to the Hopkins County Elementary School with the most participants

BAJA Notes

- Water stations
- Race results will be given out prior to awards ceremony
- 5K Run & Fun Run/Walk will begin together
- Race traffic control handled by the Madisonville Police Department
- Ambulance furnished by Medical Center Ambulance Service
- Course security provided
- Times given at each mile

Entry Fee

5K Run & One Mile Fun Run/Walk

Pre-registration fee: \$12.00

Race Day: \$15.00

First 100 Children (k-5 grade) registered for Fun Run/Walk are **Free**

Registered participants will be entered into the following door prize drawings :

Participants 17 & under—iPod Drawing
Participants 18 & over—Chamber Check Drawings

For more information contact:

Bernice Crook 821-5242, ext 250

Tricia Jordan 824-3453

Pam Stuart 821-9622

Registration

Name _____

Birth Date _____ Age _____

Address _____

City _____ State _____

Phone _____

5k Run _____ 1 Mile Run/Walk _____

Gender: Male _____ Female _____

Shirt Size: Adult S M L XL XXL Youth S M L

5k Run Age Division (Circle One):

19 & Under	35-39	55-59	75+Over
20-24	40-44	60-64	
25-29	45-49	65-69	
30-34	50-54	70-74	

In consideration of my participation in the Baja 5k & One Mile Fun Run/Walk, conducted by the Hopkins County STEP Coalition, I do hereby agree to hold free from any and all liability, Trover Health System and the Hopkins County STEP Coalition and/or their volunteers, officers, and employees. I do hereby waive all rights and claims for all injuries or damages incurred. I do declare that I am physically sound, having medical approval to participate in the BAJA 5k and/or 1 Mile Fun Run/Walk.

Signature (Parent / Guardian under 18)

Check Payable To: Hopkins Co. STEP Coalition

Return Completed Registration Form To:

Hopkins Co. Health Department Po Box 1266
Madisonville, KY 42431 Attn: Bernice Crook (or)

Hopkins County Family YMCA 150 YMCA Drive
Madisonville KY, 42431