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**The News-Sentinel**

[running.news-sentinel.com](http://running.news-sentinel.com)

**2010 RUNNING SERIES**  
**Nutri Run 20K & 5M**

- **WHEN:** Saturday, March 27, 2010, 11:00 a.m.
- **WHERE:** 2505 W Hamilton Rd, Fort Wayne, IN
- **ENTRY FEE:** \$15 Deadline: March 17; Race Day: \$20, up until time of race
- **CONTACT:** Casey Shafer, 260-402-2514

To register, simply visit <http://running.news-sentinel.com> or complete this form and mail with payment to the address shown.

**NAME (Last, First):** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**SHIRT SIZE:** \_\_\_\_\_

**CITY:** \_\_\_\_\_

**STATE:** \_\_\_\_\_

**ZIP:** \_\_\_\_\_

**PHONE: (     )     -** \_\_\_\_\_

**DATE OF BIRTH:**     /     /

**SIGNATURE:** \_\_\_\_\_

**SEX:**     M     F

**CIRCLE ONE:** \_\_\_\_\_

**20K**

**5MILER**

Upon entering the above race, I waive liability of personal injury while attending and participating to all parties involved, including the coordinators of the race, The News-Sentinel and Fort Wayne Newspapers. I also understand that included in my race registration monies is a fee for receiving a copy of The News-Sentinel at a discounted rate of 15 cents.

**Please make checks payable to:** FWTC

**Mail to:** Nutri Run, Three Rivers Running Company  
4227 N Clinton St  
Fort Wayne, IN 46805



**READ BRETT HESS' COLUMN *RUNNING NOTES* IN THE NEWS-SENTINEL**