

A fun event for the whole family!

Wednesday
February 29, 2012

5K

*Begins promptly
at
5:15PM*

*Leap into Spring with a 5K run - walk.
This family-friendly event begins and ends
at Runner's Roost in Front Range Village,
with an out and back flat course
through the English Ranch neighborhood.*

*Each entrant will receive a race tee shirt.
Top 3 finishers overall and age group winners
will receive handcrafted pottery
contracted specifically for this event
as commemorative awards.*

*(Age groups are as follows: 19&U, 20-24,
25-34, 35-44, 45-54, 55-64, 65&over)*

*Immediately following the run-walk,
stay for food and awards
at a storefront in the Village
near Panera Bread.*

Link to course map:

<http://www.mapmyrun.com/routes/view/64968874/>



Ways to Register 

Online: www.active.com (fee charged)

Registration Forms Available Online
www.ps-s.org

Mail to Project Self-Sufficiency
375 West 37th Street, Suite 150
Loveland, Colorado 80538
Attn.: Connie

In Person
Runner's Roost
2720 Council Tree Ave., Ft. Collins
(970) 224-9114

Foot of the Rockies
150 East Harmony, 2C, Ft. Collins
(970) 377-8005

Race Day (Until 5:00 pm)
Runner's Roost
2720 Council Tree Ave., Ft. Collins

Packet Pick-up (Race Day from 4-5pm)
Runner's Roost
2720 Council Tree Ave., Ft. Collins

Event Sponsors:



*This is a family-friendly charity
event to benefit
Project Self-Sufficiency*

\$25 Per Person / **\$15** Per Child
(under 13 yrs.)

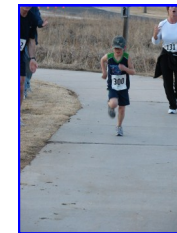
*(Please add \$10 for race day
registrations.)
**We'd prefer advance registration
to make sure we have ample food
for everyone!*

Please make checks payable to:
Project Self-Sufficiency

To make a payment by
credit card, please visit
www.active.com

(Processing fee will be added.)

Thank You for Your Support!



Shirt Size XL L M S Youth L

General Information (for 5K participant)

Name: _____

Address: _____

City: _____ ZIP: _____

Email: _____

Phone: _____ Age: _____

For internal use only

BIB NUMBER

I, _____ do for myself, my legal representatives, next of kin, heirs, successor and assigns (the "Releasors"), assume complete responsibility for any loss, theft, injury, damage or accident which may occur during my participation in the Leap Day 5K Run or while at Front Range Village. I release and discharge Front Range Retail Company, L.L.C., Bayer Properties, L.L.C., Project Self-Sufficiency and the officers, members, directors, employees, contractors and agents of the foregoing (the "Releasees") from any and all liability and waive all claims, suits, and actions of any kind against the Releasees, for death, damages, expenses, disability, personal injury, property damage or theft that may hereafter accrue to the Releasors in any way connected with my participation in the Leap Day 5K Run. I further agree to acquit and covenant not to sue the Releasees for any actions, causes of action, claims or damages, damages in law, or remedies in equity of whatever kind, including the negligence of any or all of the Releasees arising out of participation in the Leap Day 5K Run. In short, I can neither sue nor collect any money from the Releasees.

I hereby acknowledge that the above persons and entities have no obligation to provide medical care and have not undertaken the responsibilities to do so. In the event I receive medical care as a result of medical emergency, I hereby consent to such care and fully release the person(s) providing such care from any and all liability, whether resulting from negligence or otherwise.

As a participating entrant, I certify that I am physically fit and sufficiently trained to participate, and all the information provided in this form is true and complete. I also accept the risk that comes with any pre-existing medical condition, weather conditions, and any other factors.

Your signature indicates you have read and agree with the above Consent and Release Agreement.

Signature: _____ Date: _____

Signature of parent / guardian required if under 18 years old

Benefiting:

Project Self-Sufficiency



The mission of Project Self-Sufficiency is to assist low-income, single parents in their efforts achieve economic independence and become free from community and government assistance while building and maintaining strong, healthy families.

Program participants are assigned an advisor who assists in goal setting, developing a family self-sufficiency action plan, identifying resources, resolving problems, and providing emotional support.

Project Self-Sufficiency takes a comprehensive approach, emphasizing areas such as self-esteem, parenting and recovery from domestic violence along with specific career and educational goals.

In Loveland:

375 W. 37th Street, #150
Loveland, CO 80538
970.635.5912

Contact Us
for more
information

In Fort Collins:

1000 Centre Ave. #150
Fort Collins, CO 80526
970.407.0305

Website

www.ps-s.org

You only have to train every 4 years!!

LEAP DAY 5K

Second Quadrennial

Benefiting Project Self-Sufficiency