

2nd Annual Walnut 5K Fun Run/Walk

“The Lunch Lady Run”

- Saturday, May 31, 2014
- Walnut City Park (404 North St.)
- Registration Time: **10:00 – 10:45 a.m.**
- Kids 100 yard dash: **10:45 a.m.** (12 years and younger, prizes to be awarded)
- 5K Run/Walk: **11:00 a.m.**
- Pre-registration fee: **\$20**
- Day of event registration fee: **\$25**

There will be a light breakfast to enjoy before the race along with bounce houses and face painting.

Free lunch immediately following

To pre-register call Erica at 712-789-0870 or Julie at 402-659-1187

Registration forms are also available at Walnut City Hall and Rolling Hills Bank

Donations and registration fees can be made payable to:

Walnut 5K Fun Run/Walk

Proceeds will benefit Deb Petersen.

Deb Petersen has always been an active member of the Walnut Community, from running the Peace Church Sunday School, Walnut School Cook, Peace Haven Board member, helping with the Annual Optimist Antique Car Show and June Antique Walk, Walnut Prom Supper, attending 1,000 + athletic/school events and always willing to help out others. Her and her husband, Max, have a farming operation south of Walnut. Together they have two children, Melissa (Mike) Akers and Danny Petersen both of Walnut. Two years ago Deb was diagnosed with **ALS**. This disease is commonly known as “Lou Gehrig’s Disease”, it is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. ALS affects approximately 5,600 people in the U.S. each year. At this time there is no known cure for ALS/Lou Gehrig’s Disease.

Come show Deb your support and our fight against ALS

2nd Annual Walnut 5K fun run/walk
"Lunch Lady Run"



When: May 31, 2014

Where: Walnut City Park

Registration Time: 10:00-11:00AM (light breakfast, face painting and bounce houses before the race)

Kids 100 yard Dash: 10:45 (12 and younger, prizes to be awarded) 5K Race Start Time: 11:00AM

Price: \$20.00 pre-register/ \$25.00 day of event

Please make checks payable to: **Walnut 5K Fun Run/Walk Benefit**

Deb Petersen of Walnut was recently diagnosed with ALS, a/k/a Lou Gehrig's Disease. This is a neurodegenerative disease with no known cure. Come out and show your support for Deb and our fight against ALS!

****Please join us after for a free lunch and refreshments. ****

Registration # _____ Paid _____

Name _____

Address _____

Phone (____) _____ Age _____

Waiver of Liability: In consideration of my entry being accepted, I waive any and all claims for myself, my administrators, and my heirs against all officials, sponsors, and organizations connected with the Walnut 5K Fun Run/Walk for injury or illness that may directly or indirectly result from my participation in this event. I attest that I have full knowledge of the risks involved in this event and take personal responsibility for all injuries I possibly incur.

(Signature of participant or legal guardian)

_____/_____/_____
(Date)