

Come with us! "Sweat"



DR. JAY YOST NO SWEAT 5K

## 3rd Annual Dr. Jay Yost No Sweat 5K

When: Saturday, September 14th  
7:00 AM Registration and check-in  
7:30 AM 5K Start

Where: Girard Medical Center  
5K Registration: \$25.00

### Awards for:

Overall Best Time for Male & Female  
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 9TH**

Registration forms can be emailed, dropped off, or faxed to Morgan Vitt at [mvitt@girardmedicalcenter.com](mailto: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



# 2024 Registration Form

WHEN - SATURDAY, SEPTEMBER 14th

- 5k Registration: \$25.00 includes shirt & swag bag

## 5K REGISTRATION

Name:

Age:  Gender:  Male  Female

Address:

Phone:  Shirt Size (S-2XL):

## 15 AND UNDER

Name:

Age:  Gender:  Male  Female

Address:

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

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