

## ***D* irections to *H* argis *C* reek *W* atershed**

From I-35 and Highway 160, go west on Hwy 160 three (3) miles to Wellington. Turn north on Day Street (between the Wellington Steakhouse Motel and Manila Liquor). Take Day Street north, following it as it veers to the west (left).

## ***A* id *S* tation & *H* eat *W* arning**

Aid Stations will be located at the half-way point of the 5K race, and at the Start/Finish. High temperatures and high humidity can be dangerous to runners, therefore make sure you drink plenty of fluids the morning of the race. If you begin to overheat, feel dizzy, or nauseated, seek aid immediately.

## ***R* efreshments**

Post race refreshments for both races will include bottled water, Gatorade, fresh fruit including watermelon and cookies.

## **Mark Your Calendars**

The 3rd Annual Trail Stomp will be held the Saturday after Thanksgiving, November 26, 2011. This is becoming a popular event with 1 Mile, 5K and the 2 mile Extreme Stomp races. The race is a benefit for the Wellington Food Bank and is held at the Anders' home near Belle Plaine.

**WELLINGTON  
TRAIL STOMP**

**1 Mile**

**5K**



**July 9, 2011**

**7:30 am**

**Wellington, KS**

**Sponsored by**

**John Anders, DC**

**Anders Chiropractic**

**&**

**Lonnie Cooper, CPA**



**Anders Chiropractic  
124 West 15th  
Wellington, KS 67152**



The 2011 wHEAT Run consists of a 1 mile and a 5K (3.1 mile) race, both of which will be held on Saturday, July 9, 2011. The 5K race will begin at 7:30 a.m. and the 1 mile will start at 8:30 a.m. Both races will be run at the Hargis Creek Watershed in Wellington, where the cross-country teams run. This is an off-road run.

PRE-REGISTRATION will be \$15 for one race and \$18 if registering for both races. Registration for ages 12 and under will receive a \$3 discount. Race day registration will be an extra \$5. T-shirts will be guaranteed to those pre-registered by June 24th so register early to ensure your size is available. Registration forms are also at [www.AndersChiro.com](http://www.AndersChiro.com).

Registration may be done in person at:

\*Anders Chiropractic      \*Kenneth L. Cooper, CPA  
 124 W. 15th                      123 W. Harvey  
 620-326-7401                      620-326-5984

Race Day Packet pick-up and registration will be near the start and finish line, beginning at 7:00 a.m.

Walker's Welcome!



Trophies will be awarded to the First Place Male and First Place Female in each race. Medals are given to the top 3 runners, Male and Female, in the following age groups:

1 MILE		5 K	
5 & under	6—7	12 & under	
8—9	10—12	13—15	16—19
13—15	16—19	20—24	25—29
20—24	25—29	30—34	35—39
30—34	35—39	40—44	45—49
40—44	45—49	50—54	55—59
50—54	55—59	60—64	65—69
60—64	65—69	70—79	80+
70—79	80+		

### COURSE RECORDS

#### 5 Kilometer

Male: 16:02 David Roberts 2009  
 Female: 21:28 Sarah Mitchell 2009

#### 1 Mile

Male: 4:46 David Roberts 2009  
 Female: 6:32 Heather Foster 2005

### RACE REGISTRATION

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_  
 Daytime Phone \_\_\_\_\_  
 Email \_\_\_\_\_  
 (used for results only)

Circle One: 1 mile    5K    Both  
 Circle One: Male    Female  
 Circle One: YM   YL   S   M   L   XL   XXL  
 Age on Race Day: \_\_\_\_\_

Entry Fee    \$15.00  
 Additional Event Fee                              + 3.00  
 Late Reg. Fee (Race day only)                + 5.00  
 Discount (kids under 12)                        - 3.00  
TOTAL                      \_\_\_\_\_

**Make checks payable to: Wheat Run.**  
**Mail To:** Anders Chiropractic  
 124 W. 15th, Wellington, KS 67152

WAIVER (signature required to participate)  
 In consideration of my participation in the 2011 wHEAT Run, I, the undersigned, intending to be legally bound hereby, for my heirs, executors and administrators, waive and release any and all claims for damages I may have against the sponsors, promoters and all other persons associated with the 2011 wHEAT Run for any and all injuries to me during, before and following this event. I attest and verify that I am physically fit and trained for competition in this event.

I hereby grant permission to any and all of the foregoing to use any photographs, video tapes, motion picture, recordings, or any other record of the event for any legitimate purpose.

\_\_\_\_\_  
 Signature of Entrant or Legal                      Date  
 Guardian if Under 18 years old

OFFICE USE:  
 1 MILE # \_\_\_\_\_ 5K # \_\_\_\_\_