

# Link 4 Life



Saturday  
April 14, 2012

Link 4 Life Run



Be a Link Prevent Suicide



Open 5K Run  
and Youth Competitive  
One Mile (18 and under)  
(with start and finish chip timing)

Special distance events for  
3 through 18 years of age

Family Walk - Survivor Walk  
for all ages



McGinness Family  
Foundation



Better Ingredients.  
Better Pizza.

# Link 4 Life Run



The Link 4 Life Run is a very large event. Please give yourself time to get parked, get to Registration and to the Event Staging Area where runners will be lined up for their events. Registration will begin at 7 a.m. at the east side of the Cowtown parking lot near the Visitors Center. Registered participants should report to Staging Headquarters at the west end of the Cowtown parking lot at least 30 minutes before their race begins.



This year,  
come see...



Balloon  
Man



Eagle Valley  
"Raptor"

If you or someone you know is considering suicide, please call the **Sedgwick County Suicide Prevention Hotline at 316-660-7500 24 Hours/7 Days a week.** The Link 4 Life Run to Prevent Suicide is a public education and awareness event. Wichita thanks the Board of Sedgwick County Commissioners for their support and the Sedgwick County Suicide Prevention Coalition, subcommittee members and community volunteers for their dedication, time and efforts to prevent suicide in our community.

Saturday  
April 14, 2012



Link  
4  
Life  
Run

Sedgwick County...  
working for you

Suicide Prevention Coalition  
635 N Main - Wichita, KS 67203



# Schedule of Events



We will be using the BIBTAG chip timing system for the start and finish of the 5K race and the Youth Competitive One Mile.



# Ready, Set, GO!

## Saturday April 14, 2012

# After Race Awards

Participation medals will be given to all youth and adults finishing the 'Link 4 Life' Run. Following the race, stick around for the awards ceremony.



In the Open 5K, awards will be given to the top 3 males and females in 5 year age groups from 19 and under to 70 and over.

In the Youth Competitive One Mile, awards will be given to the top 3 males and females in the following age groups; 16-18 years; 13-15 years; 11-12 years; 9-10 years; 7-8 years; 6 years and under.

# Link 4 Life Entry Form

Complete a separate form for each runner. Information must be complete and the waiver statement must be signed. This form may be duplicated.

Name \_\_\_\_\_

Last First MI

School \_\_\_\_\_

Phone ( ) \_\_\_\_\_

E-mail \_\_\_\_\_

Age as of April 14, 2012  M  F

I will be participating in the following event:

- 5K Run (All Ages)
- Youth Competitive One Mile (18 and Under)
- 3/4 Mile (11-18 yrs)     1/8 Mile (5-6 yrs)
- 1/2 Mile (9-10 yrs)     50 Yards (3-4 yrs)
- 1/4 Mile (7-8 yrs)     Family/Survivor Walk (All Ages)

Circle T-Shirt Size: (FREE T-Shirt with registration)  
 Child's: YS YM YL  
 Adult's: S M L XL XXL

**Payable to:** Link 4 Life, 635 N Main - Wichita, KS 67203  
**5K:** \$25 in advance, \$35 day of race  
**Youth Competitive One Mile:** \$15 in advance, \$25 day of race  
**Non Competitive Youth Events:** \$10 in advance, \$15 day of race  
**Family/Survivor Walk:** Adults \$20 in advance, \$25 day of race  
 Youth \$10 in advance, \$15 day of race  
**\$10 charge for each additional event**  
 Limit one T-shirt per participant regardless of multiple event participation

**Waiver Statement**  
 As an entrant in the Sedgwick County Suicide Prevention Link 4 Life Run for Suicide Prevention, I assume complete responsibility for injury to me or damage to my property which may occur during the event or while I am on the premises of the event; and I hereby release and hold harmless the sponsors, promoters and all other persons associated with the event from any and all liability for injury or damage, whether caused by negligence of the sponsors, promoters or other persons associated with this event, or otherwise. I grant permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever.

# Registration

## On-line Registration

On-line registration is available by going to [www.Active.com](http://www.Active.com). On-line registrations will close on Thursday, April 12th.

## Registration by Mail

Registration by mail is quick and easy. Fill out the attached registration form with your registration fee and mail it to:  
 Link 4 Life, 635 N Main - Wichita, KS 67203

## Registration in Person

First Gear - 111 N Mosley  
 Go Run West - 2556 N Maize Road  
 Go Run East - 2350 N Greenwich Rd, Suite 1300  
 Registration begins on March 9th through April 13th.  
 Registration closes on April 13th at 2 p.m.

Entrants must sign a waiver to participate. Mail and on-line registered entrants may pick up their race packets at Cowtown beginning at 7 a.m. on race day.

## Race Day Registration

Registration is available on April 14th. Registration will begin at 7 a.m. at the east side of the Cowtown parking lot near the Visitors Center.

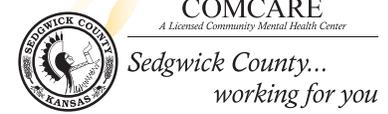
Registered participants should report to Staging Headquarters at the west end of the Cowtown parking lot at least 30 minutes before their race begins. Please allow time to park to reach your event.

For more information, call Bev Baalman at 660-7652

## Link 4 Life Party

Your race number is your entry to the Papa John's pizza party.

Thanks to these Sponsors



Totally legal Sound and lighting  
 E-Mail: jgraves2@sbcglobal.net



Substance Abuse Center of Kansas



[www.sedgwickcounty.org](http://www.sedgwickcounty.org)

## Ages

All Ages  
 18 and Under  
 11-18  
 9-10  
 7-8  
 5-6  
 3-4  
 All Ages

## Distance

5K - 3.1 Miles (50 minute time limit)  
 Youth Competitive One Mile  
 3/4 Mile  
 1/2 Mile  
 1/4 Mile\*  
 1/8 Mile\*  
 50 Yard\* (walk-run-crawl)

## Start Times

7:40 a.m.  
 8:30 a.m.  
 8:45 a.m.  
 9:00 a.m.  
 9:15 a.m.  
 9:30 a.m.  
 9:45 a.m.  
 9:55 a.m.

Family Walk - Survivor Walk (non-competitive mile)  
 Start west of Cowtown parking lot by the roundabout

Registered participants must be in the staging area 30 minutes before their race begins.

\* Following your child's race, children ages 3 through 8 must be picked up by parent or guardian at fenced-in "Kids Corral" located near the finish line.

After Race Awards 10 a.m.  
 Link 4 Life Party 8:30 to 10:45 a.m.



Signature (if under 18, parent or guardian must sign) \_\_\_\_\_ Date \_\_\_\_\_