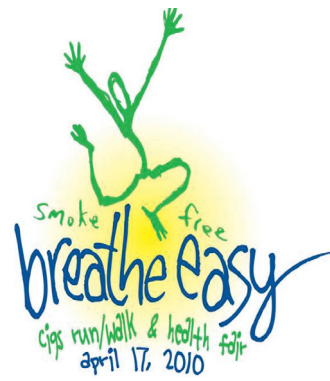




# 2010 CIGS Run/Walk and Health Fair



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

The fifth annual CIGS Run/Walk and Health Fair on April 17 will bring smokers, former smokers and non-smokers together to raise money to benefit research of smoking-related diseases.

MU Healthcare employee and former smoker Jim Linville founded the race, which is sponsored by the Show-Me STATE GAMES. Linville suffers from Chronic Obstructive Pulmonary Disease and started the race to promote healthy lifestyles among smokers as well as former smokers and non-smokers.

The event includes a 4-mile run or a 1.3-mile walk. Prizes will be awarded based on age and smoking category. All participants will receive a free CIGS t-shirt, the top finisher in each division will receive a unique trophy, and all participants will receive a finisher's medal. At the Health Fair, participants will be invited to learn about smoking cessation and other health-related issues.

**For more details, contact Emily Lorenz at (573) 882-2105.**

- Date/Time:** Saturday, April 17, 2010.  
Registration opens at 8 a.m.  
Run and walk begin at 9 a.m.
- Location:** Quarterdeck Building, Lemone Industrial Blvd., Columbia, MO
- Entry Fee:** \$5 for students, \$15 for individuals and \$25 for families. This fee covers entry into the CIGS Run/Walk, medals and t-shirts. The net proceeds will be donated to MU Healthcare's research on Chronic Obstructive Pulmonary Disease.
- Deadline:** Early registration is available, however registration will also take place the morning of the race.
- Age Groups:** 12 & under, 13/14, 15-16, 17-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70-79 and 80 & over.
- Registration:** To enter, visit [www.smsg.org](http://www.smsg.org) or fill out the entry form on the bottom half of this page. Mail entry along with payment to:  
**Show-Me STATE GAMES/ CIGS Race**  
**1105 Carrie Francke Dr. Rm 01**  
**Columbia, MO 65211**

*Detach and mail bottom portion along with payment.*

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**ENTRY FORM - 2010 CIGS Run/Walk and Health Fair**    Student     Individual     Family

Name: \_\_\_\_\_ Phone (evenings): \_\_\_\_\_

Address: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_ Male:     Female:     T-Shirt Size: \_\_\_\_\_

Email address \_\_\_\_\_ Smoker     Nonsmoker     Former smoker

In consideration of my entry into the competition known as the SHOW-ME STATE GAMES/CIGS RUN/WALK, I, intending to be legally bound, do hereby for myself, executors and administrators waive, release and forever discharge any and all rights and claims for damages, including any claims for loss, damages or injury to my person or property arising out of my performance or failure of performance, from the State of Missouri, the Governor's Council on Physical Fitness and Health, the National Sports Governing bodies, the Curators of the University of Missouri, the owner of the site of any festival or finals competition I may be participating in, their agents, representative, successors and assigns.

#### CONSENT FOR MEDICAL TREATMENT

I, the undersigned, also hereby authorize and consent to any first aid, medication, medical treatment or surgery deemed necessary in case of an emergency.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Parent's or Guardian's Signature (If athlete is under 18 years of age)

#### EMERGENCY CONTACT PERSON

NAME \_\_\_\_\_ HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_