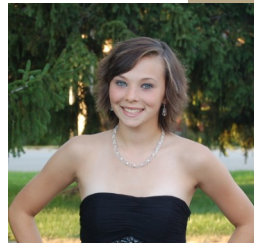




The i-ROK Foundation™ was founded in 2009 after our daughter, Kori, was diagnosed with Ewing's Sarcoma, a rare bone cancer.

i-ROK is Kori spelled backwards as she is the inspiration for our family starting this foundation. We are committed to raising awareness of pediatric cancer, to save lives, empower people to find cures, and help people and organizations in a variety of ways as they battle cancer. Through events like our Annual 5K run and generous contributions from our partners, sponsors, and supporters, we dare to

**“Imagine getting Rid Of Kancer”**



Funds that are raised during the year by the i-ROK Foundation™ benefit the Hematology Oncology Department at Children's Mercy Hospital and funds pediatric cancer research through CureSearch.

Our main focus at CMH is the HEMONC Child Life Department. The Child Life Specialists entertain (distract) the children during treatments that otherwise might be traumatic. They also provide programs for the teen patients and assist the HEMONC doctors and nurses to keep the patients comfortable during their visits to the Clinic and/or 4 Henson (the inpatient floor.)

CureSearch for Children's Cancer funds the Children's Oncology Group, the world's largest children's cancer research collaborative. With more than 210 member hospitals and 6,500 medical professionals, the Children's Oncology Group provides global expertise at your local hospital (Children's Mercy in Kansas City, MO.)



**“Imagine getting Rid Of Kancer”**



Website: [www.i-rokfoundation.org](http://www.i-rokfoundation.org)

Email: [irokfoundation@gmail.com](mailto:irokfoundation@gmail.com)

Address: 111 Highland Park Ave.

Excelsior Springs, MO 64024

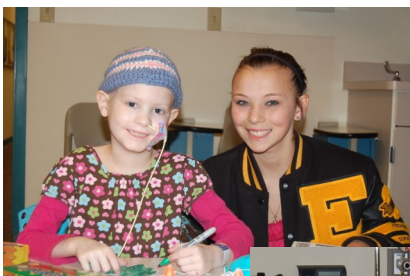
## Third Annual 5K Run/Walk and Pancake Breakfast

September 3, 2011 @ 8:00 AM

Excelsior Springs High School  
612 Tiger Drive  
Excelsior Springs, MO 64024

For additional information,  
please check our website at

[www.i-rokfoundation.org](http://www.i-rokfoundation.org)



Race Date: Saturday, September 3, 2011

Location: Excelsior Springs High School  
612 Tiger Drive  
Excelsior Springs, MO 64024

### Schedule of Events:

- 6:00 - 7:30AM: Late Registration & Packet Pick-Up
- 8:00AM: 5K (3.3 Miles) Run Starts @ PAC Parking Lot
- 8:00AM: Walk Starts @ Gymnasium Parking Lot
- 9:00AM: Awards Ceremony @ ESHS Tiger Stadium
- 9:00 - 11:00AM: Chris Cakes Pancake Breakfast in the ESHS Commons

### Awards:

- Overall Race Winner (both Men & Women Division) will receive a plaque and gift card basket.
- Each Age Group Winner (both Men & Women Divisions) will receive a medal.

\*Age Groups are as follows: 10-16, 17-25, 26-35, 36-45, 46-55, 56-65 and Senior

**Waiver and Release of Liability and Photo Release (Please read and sign below):** I understand that while participating in this event, I will be using public streets and facilities where many hazards exist and I am aware of and appreciate the risks that may result. I am also aware that accidents may occur during this event which could result in serious injury or death. I am voluntarily participating in this event with knowledge of all such risks. I agree to not bring dogs onto the race course, and/or utilize the use of roller blades, skateboards, and/or MP3 players while on the race course.

In consideration for being permitted to participate in this event, I agree to assume all risks and release, hold harmless and covenant not to sue i-ROK Foundation, Excelsior Springs School District, Chris Cakes, City of Excelsior Springs including the police department, race officials, volunteers and any and all sponsors including their agents, employees and members (collectively, "the releases"), for any claim, loss or liability that I may have arising out of my participation in the event, including bodily injury, death or property damage, whether caused by negligence or carelessness on the part of the releases, from dangerous or defective property or equipment owned, maintained or controlled by them or because of their possible liability without fault. I understand and agree that this Waiver and Release of Liability is binding on my heirs, assigns and legal representatives.

I intend by the Waiver and Release of Liability to release in advance, and to waive my rights and to discharge all of the releases from all claims, losses or liabilities for death, bodily injury or property damage that I may have, or which may hereafter accrue to me, as a result of my participation in this event, even though that liability may arise from negligence or carelessness on the part of the releases, from dangerous or defective property or equipment owned, maintained or controlled by them or because of their possible liability without fault. I understand and agree that this Waiver and Release of Liability is binding on my heirs, assigns and legal representatives.

**Photo Release:** The undersigned further grants full permission to race sponsors and/or agents authorized by them, to use my name, any photographs, videotapes, motion picture recording, or another record of this event for any purpose. I understand that I will receive no compensation in connection with the use of my image.

**Minors:** Applications for minors will be accepted only with a parent's signature. (If a parent is signing on behalf of a minor, then the parent agrees to defend and indemnify all persons and entities listed in this Waiver and Release against any claim brought against them by that minor at anytime, arising out of the minor's participation in this event.)

I have carefully read this Waiver of Liability and Agreement and fully understand its contents. I am aware that by signing this Waiver and Release of Liability, I am waiving legal rights and knowing this, I sign it of my own free will.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent or guardian signature is required if the participant is under 18 years of age)

## Third Annual 5K Run/Walk

Registration Deadline is Friday, August 26, 2011

Sign up for:	Qty:	Price:	Subtotal:
<input type="checkbox"/> 5K (3.3 miles) Runner	_____	\$25.00	_____
<input type="checkbox"/> 1 Mile Walker	_____	\$25.00	_____
<input type="checkbox"/> Volunteer	_____	\$15.00	_____
<input type="checkbox"/> Pancake Breakfast Only	_____	\$6.00	_____
<input type="checkbox"/> T-Shirt Only	_____	\$15.00	_____
<input type="checkbox"/> Tribute Flag	_____	\$5.00	_____

TOTAL: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Age \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail Address \_\_\_\_\_

**Tribute Flags:** Tribute flags are to honor Warriors, Survivors, and/or Angels. Please provide the person(s) name you wish to be honored on the flag. Flags will be flown on the day of the race and are yours to take home afterwards.

Flag #1 \_\_\_\_\_

Flag #2 \_\_\_\_\_

Flag #3 \_\_\_\_\_

**T-Shirts:** Please circle appropriate size.

Youth Sizes: Small Medium Large

Adult Sizes: Small Medium Large XL 2XL

**\*Please note that late entries and/or race day entries cannot be guaranteed a shirt.**

### Method of Payment:

Sponsor (Please indicated name of Sponsor)

Cash  Check