

Ferrum College 5k Panther Scamper

**Proceeds will Benefit
Saint James Food Bank**

Date: 9/19/09

Race starts at 9:00am

Pre-register by: 9/1/09

**Ferrum College students
only need to donate 3 cans
of food to participate!**

**If you are not a Ferrum College
student the entry fees are as
followed:**

- Pre-registration fee is 10.00 by 9/1/09
- Registration fee is 15.00 by 9/18/09
- Same day Registration fee is 20.00

**If you have any
questions please
contact Chris Rill at
540-365-4446**

Prizes

**There will also be door
prizes, medals and
awards!**

T-shirt guaranteed to
first 50 registered
participants by 9-1-09

Trophy will be
awarded to the fastest
woman and man
competing.

**Please fill out and
return:**

Name: _____

Age: _____

Gender: _____

Shirt Size: _____

(S, M, L, XL, XXL)

Address: _____



**Mail form and
entry fee to:**

Attention Chris Rill
Ferrum College
P.O. Box 1000
Ferrum, Virginia 24088

Or turn your form and
registration fee into
Ferrum College
Fitness Center located
at 333 Wiley Dr.
Ferrum, VA 24088.

**All participants will
need to sign a waiver
on race day before
participating**