

Major Sponsor  
Ellsworth County Medical Center's  
Chronic Disease Council

## Super DAVE



Super **DAVE** is the spokesperson,  
Specializing in **Disease Management**,  
he is your **Advocate**, your **Voice** and  
your **Educator**

“Keep an eye on your good health”

Funding for this sponsorship is made  
available through a grant that this  
organization received to improve  
Chronic Disease care, prevention and  
awareness. The grant is provided by  
Health Resources and Services  
Administration, an agency of the US  
Department of Health and Human  
Services.

---

---

# Ellsworth Cowtown Days

*List of Cowtown Activities  
throughout the day*

*7:30 5K race begins*

*9:15 Kids Fun Run*

*10:00 Cowtown Parade*

*Following the parade:*

*Reenactment of the shooting of*

*Sheriff Whitney*

*Visit Vendors*

*Local merchant's sidewalk sales*

*Fun kids games and activities*

*along main street, some activities*

*include:*

*Inflatable games/Tractor Pull/Dunk*

*Tank/Ring Toss/Sand Dig/Water*

*Games*

*3 on 3 Basketball Tournament*

*Horseshoe Tournament*

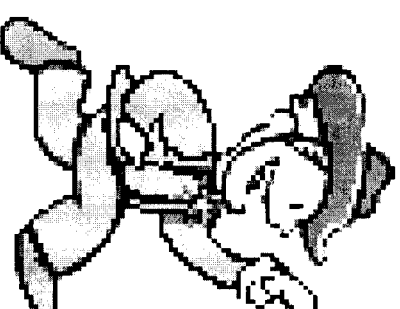
*Tug of War*

*All Cowtown activities will end by*

*5 PM*

*El-Kan Western Riders Rodeo will  
be Friday and Saturday evening*

# Ellsworth



**COWTOWN  
DAYS 5K  
RUN/WALK  
& KIDS FUN  
PARTY**

---

---

**Saturday, August  
20, 2011 7:30 AM  
Ellsworth, KS**

# ELLSWORTH COWTOWN DAYS RUN REGISTRATION FORM

Pre-registration - \$15  
After August 12 - \$20

Make checks payable to Cowtown Committee

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Gender: M F Date of

Birth: \_\_\_\_\_ Age on race

day \_\_\_\_\_ Shirt Size:

S M L XL XXL

Youth Size: S M L

Emergency

Contact: \_\_\_\_\_

Emergency Contact

Phone \_\_\_\_\_

### Liability

I understand the physical activities in which I and/or my child participate in with the Cowtown Committee include, but may not be limited to running/walking. I agree to assume all liabilities and release the Cowtown Committee, the City of Ellsworth and any other associated parties from any liabilities for the risk of injury, illness or death on account of my and/or child's presence in the run/walk whether caused by negligence of the Cowtown Committee or another person on the premises or at the sponsored activity.

### Photo Release

I hereby irrevocably release, consent and authorize

### Awards 8:30 AM

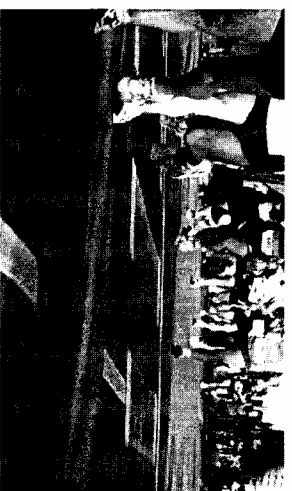
All registered participants will receive a T-shirt on race day. Medals will be awarded to the top 3 male and female 5K finishers in each age bracket. In addition, the top overall male and female finisher in the 5K will receive a special Cowtown Award. All kids fun run participants will receive a participation ribbon.

### Age Brackets for 5K

14 - under	26-30	41-49
15-19	31-35	50-59
20-25	36-40	60 and up

Participants who do not follow marked course will be disqualified.

## COURSE ROUTE



The 5K race will start and end at the VFW. The race course will be in town and the same as last years.

The kid's fun run will start at the Ellsworth Elementary School.

## 2011 ELLSWORTH COWTOWN DAYS RUN

Saturday, August 20, 2011  
Start time is 7:30 AM

### Race Course

5K start and finish at the Ellsworth VFW Douglas and Main Street.

The kids fun run will start at 9:15 sharp at the Ellsworth Elementary School. The kids fun run will consist of two distances; one half mile and three city blocks.

### 5K Fee

\$15 Pre-registration - must be received by 7:00 PM on August 12.

\$20 after August 12 - Race day

## KIDS FUN RUN IS FREE FOR PARTICIPANTS

### Registration

Make Checks Payable to Ellsworth Cowtown Committee.

Mail pre-registrations to Reliant Roofing at 122 North Douglas Street prior to August 12

Pre-registration: Registration packets may be picked up at Reliant Roofing office on Friday, August 19 from 5:00-6:00 PM or day of race.

Race day registration: Registration is