



# KAIR

Keys Area Interdenominational Resources  
Food Pantry and Emergency Services for those in Need in the Middle Keys

February 2012

3010 Overseas Hwy.  
Marathon, FL 33050  
(305) 743-4582  
KAIRonline@bellsouth.net  
www.KAIRonline.net



## 6th Annual Sombrero Beach Run!

Saturday, March 3, 2012

15K Challenge, 10K Run and 5K Run/Walk

You can run or walk individually or in a group. Join with your friends and neighbors and be part of the excitement! All proceeds go to benefit the programs at KAIR. For the past five years this event has been a great contributor to KAIR's budget.

Everything you need to know is on the website for the race. Go to [www.sombrero beachrun.com](http://www.sombrero beachrun.com). You can register to walk or run and sign up to volunteer.

Let's all join together to help

**LET'S RUN HUNGER OUT OF TOWN!**

## Team Up Against Hunger! Five Member Teams Forming Now!



Bored with your usual Saturday routine? Want to do something fun, healthy and different? Get your friends together and join us at the Annual Sombrero Beach Run. You will get \$5 off the individual fee and benefit KAIR. One hundred percent of this race go to KAIR!

Why are you waiting? Get your friends, neighbors, family and co-workers together and sign up today.

Questions?

Kim @ 305-743-3569 or 305-731-9993

Phyllis @ 305-743-0116

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### Sombrero Beach Run 2012 Registration Form

Circle One: 15K Challenge 10K Run 5K Run 5KWalk

Entry Fee: 15K Challenge \$35 On Site \$40 Students under 18 \$15 Military Discount \$15

10K Run/5K Run/5K Walk \$25 On Site \$30 Students under 18 \$10 Military Discount \$15

Team members receive a \$5 discount!

Team Name (if applicable) \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Circle One: Male Female Email \_\_\_\_\_

Phone: \_\_\_\_\_ Tee Shirt Size (Circle ) S M L XL

I know that running/walking are potentially dangerous activities. I should not enter unless I am medically able and properly trained. I agree to abide by the decision of the race official whether to compete in the run/walk. If accepted, I hereby assume all the risks arising from the event and hold harmless the sponsors, officials, volunteers, administrators, and all associated with this race including KAIR, City of Marathon, and Key West Southernmost Runners Club from any and all liability claims arising out of my participation in this event. I authorize officials of the run/walk to use their discretion to have me transported to a medical facility and take full responsibility of action. I grant permission to use any photography or other record of this event for any purpose. I understand that my entry fee is non-refundable. Bikes, strollers, baby joggers, skates, skateboards, roller blades are prohibited on the course during the event. Remember—runners can walk—walkers cannot run!

Signature (guardian if minor) \_\_\_\_\_ Date \_\_\_\_\_

Entry Fee: \_\_\_\_\_ Donation to KAIR \_\_\_\_\_ Total \_\_\_\_\_

Checks Made to KAIR or register online at [www.active.com](http://www.active.com) BIB# \_\_\_\_\_