



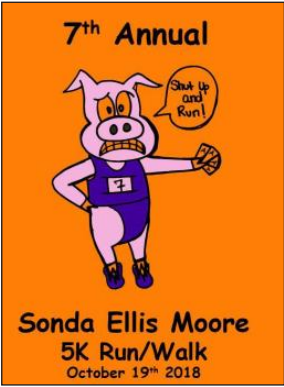
he 6th annual 5K Run/Walk will be held this Friday October 19, 2018. The 5K will raise funds for scholarships that will be awarded annually to Clearwater R-1 graduates pursuing studies in the healthcare filed. The 5K is held each year on the Friday eve of the Ozark heritage festival.

The scholarship was created by family, friends, co-workers in memory of Sonda Ellis Moore who was a Clearwater High School graduate, a long-time resident of the Piedmont/Patterson area, and a Licensed Practical Nurse who worked at Wayne medical Center (now Piedmont Physician Associates) for over 10 years. Sonda was loved by her patients and her community.

Registration will start at 4:45 p.m. in the Piedmont Physician Associates back parking lot and the run will begin at 5:30

p.m. The course will extend up Canyon Road 1.5 miles for the runners and a half mile for the walkers, then returning back to Piedmont Physician Associates parking lot. Trophies will be awarded to the overall fastest male and female of the 5K. Gold, silver, and bronze metals will be awarded to the top three runners in each age division. Registration is still open if you would like to participate. You can register on line at <https://ShutUpandRun5K.itsyourrace.com/register>, complete the registration form below, or on site the day of the event. If you have any questions, contact

Rhonda Adams 573-856-4871 or [rdadams@windstream.net](mailto:rdadams@windstream.net).



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**7th Annual Sonda Ellis Moore Memorial Scholarship 5K Run/Walk**

Proceeds to Benefit Sonda Ellis Moore Memorial Healthcare Scholarship

**When:** Friday October 19, 2018 at 5:30 p.m.  
**Where:** Piedmont Physician Associates (Formerly Wayne Medical Center)  
Hwy 34 and Canyon Road, Piedmont, MO  
**Course:** The course is a scenic 5K run/1 mile walk, including rolling hills, up Canyon Road. The course will be marked with orange cones allowing for participant safety. The event will start and end at the Piedmont Physician Associates parking lot.  
**Registration and Fees (non-refundable):**  
Pre- registration: Before October 1, 2018 - \$20  
Registration: October 2, 2018 through race day - \$25  
Race Day Registration Times: 4:45 p.m. – 5:15 p.m.  
**Awards:** Trophies will be awarded to the top overall male and female runners; medals will be awarded to the top three individuals in each age division. T-shirts will be given to all pre-registered participants on race day. *Those registering after October 1, 2018 are not guaranteed a T-shirt.*  
**Age Categories:** Male and female: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60 and over.

**Sonda Ellis Moore Memorial 5K Entry Form:**  
Please return form and payment to Piedmont Physician Associates, RR 4 Box 4515, Piedmont, MO 63957  
ATTN: Rhonda

**Make checks payable to: Sonda Ellis Moore Memorial Scholarship Fund**

Name \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Gender \_\_\_\_\_  
Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email: \_\_\_\_\_

T-shirt: Youth: S M L Adult: S M L XL XXL  
I am participating in the: (check one) ☐ 5K ☐ 1 Mile Walk

**Waiver of Liability**

I understand that off road running and road racing can be a hazardous sport or recreational event. In consideration of the foregoing I, for myself, my heirs, my executors, administrators, and assigns do hereby release and discharge the Sonda Ellis Moore Scholarship Committee, Piedmont Physician Associates, Medical Center Pharmacy, Medical Center Properties, the City of Piedmont, all co-sponsors, the race director, and any of the race workers from all claims of damage demands, actions and causes of actions whatsoever, in any matter arising or growing out of this event. I verify that I am physically fit and trained to enter this event.