

WHY SHOULD YOU BE A PART OF COOKE DAZE 5K? TO HELP THESE CHARITIES!

All proceeds go to support to missions of Caring Hands Humane Society & Safehope. By participating, you will make an impact on the lives of Harvey County's most vulnerable.



1400 S.E. 3rd | Newton, KS | (316)283-0839
www.CaringHandsHS.org

Our mission, through the promotion of education in basic humane animal care, is to relieve animal suffering and to prevent cruelty to animals. At Caring Hands Humane Society, we believe all animals should be treated with dignity and respect at all stages of life. We always strive to provide the best possible care to the animals entrusted to us, and to educate others about the benefits of strengthening the bond between humans and companion animals.

Caring Hands Humane Society aims to continue working towards remaining a No-Kill community for homeless animals. As of 2021, our total live release rate is 92.2%. Caring Hands will continue to achieve this status with the support of our volunteers, fosters, adopters, donors, sponsors, and the community around us.



1-800-487-0510 or (316)283-0350
www.Safehope.net

In 2018, Safehope worked with over 827 participants, answered 920 crisis calls to address domestic violence & sexual assault in Harvey, Marion, and McPherson Counties. Safehope has also opened the Resiliency Center in Newton at the Pine Street Health Services Building; providing trauma-informed support & services for victims and the community impacted by the Excel shooting.

From 24-hour crisis hotline to supportive services to professional training, Safehope offers crisis intervention, advocacy, therapeutic services and support; to address the needs of victims, their children and our communities.



SATURDAY, JUNE 18TH, 2022
5K FUN & COMPETITIVE RUN
7:30 AM

A BENEFIT FOR SAFEHOPE & CARING HANDS HUMANE SOCIETY

Sponsored by:



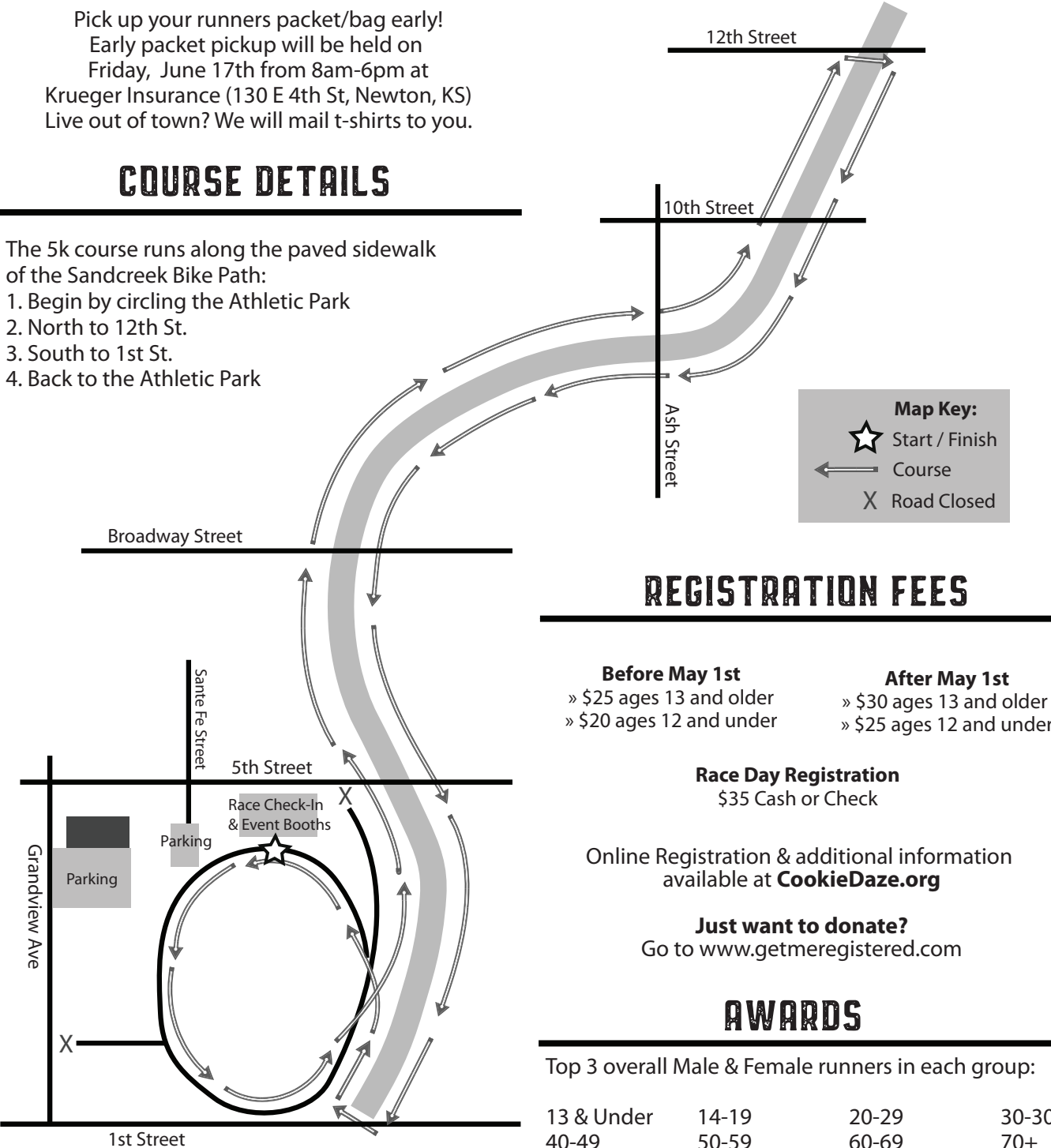
SWAG BAGS!

Pick up your runners packet/bag early!
 Early packet pickup will be held on
 Friday, June 17th from 8am-6pm at
 Krueger Insurance (130 E 4th St, Newton, KS)
 Live out of town? We will mail t-shirts to you.

COURSE DETAILS

The 5k course runs along the paved sidewalk of the Sandcreek Bike Path:

1. Begin by circling the Athletic Park
2. North to 12th St.
3. South to 1st St.
4. Back to the Athletic Park



FACEBOOK.COM/COOKIEDAZE5K

REGISTRATION FORM

Name: _____
 Address: _____
 City/State: _____
 Phone: _____
 Email: _____
 Age on Race Day: _____

Please circle the answers to the following:

SEX: M or F RACE: Fun Run or Competitive
 SHIRT SIZE: S M L XL 2XL 3XL 4XL

Please accept my check for \$ _____

Make checks payable to: Cookie Daze 5k
 Mail to: P.O. Box 135, Newton, KS 67114

Payments with a credit card can be made online with the registration forms at CookieDaze.org

Waiver: I know that running a road race/cross country race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by all decisions by race officials relative to my ability to safely complete the event. I assume all risks associated with the event, including, but not limited to: falls, contact with other participants, the effects of the weather (such as high heat or humidity) and traffic. Knowing these facts and in consideration of your accepting my entry, I and anyone entitled to act on my behalf, waive and release the City of Newton, the Cookie Daze organizers and all volunteers, sponsors, and professionals associated with the event even though liability may arise out of the negligence of the party of the person named in this waiver. I also grant permission to all of the foregoing to use any photographs, video pictures, and recording or any other record of the event for any legitimate purpose. I understand that this event may be cancelled by conditions outside of the control of event organizers for the safety and well-being of event staff, participants and the community; such as severe weather, civil unrest, pandemics, bans on public gatherings, threat of terrorism, or other unforeseen circumstances that would make the event non-viable, and if so, I consent that I am not entitled to a refund or deferral once my race registration is complete.

REGISTRATION FEES

- | | |
|--------------------------|--------------------------|
| Before May 1st | After May 1st |
| » \$25 ages 13 and older | » \$30 ages 13 and older |
| » \$20 ages 12 and under | » \$25 ages 12 and under |

Race Day Registration
 \$35 Cash or Check

Online Registration & additional information available at CookieDaze.org

Just want to donate?
 Go to www.getmeregistered.com

AWARDS

Top 3 overall Male & Female runners in each group:

13 & Under	14-19	20-29	30-30
40-49	50-59	60-69	70+

Signature: _____

Print: _____ Date: _____