

CRUISE, SHOES & BBQS!

Saturday, May 23, 2026 6pm

Howdy

It's a Small-Town Smoke Show

LISA (MANHART) ALTHOUSE MEMORIAL 5K Color Run Showdown



Registration 5-5:45pm,
City Park West Pavilion, Grainfield

First 50 participants will receive a T-shirt and cowboy bandana.
Pre-registration is highly recommended to guarantee yours!

Early Bird Rate: \$20. Rate After 5/17/26: \$25

After the Color Run, join us for **FREE country line dance lessons** and a dance with Kansas City DJ Kade Baker in the City Park.

Proceeds Benefit: The Castle Rock Wellness Center

This event will not be timed.

Held at: Grainfield City Park, meet at City Park West Pavilion

PLEASE PRINT

Name: _____ Phone Number: _____

Address: _____ City & State: _____ Zip: _____

Email Address: _____

WAIVER (MUST BE SIGNED)

In consideration of accepting this entry, I, the undersigned below, intending to be legally bound, for myself, my heirs, my executors and administrators waive and release any and all rights and claims for damages I may have against the race, sponsors and their representatives, successors and assigned for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace/walk, that I am physically fit and sufficiently trained for the competition of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of event in which I may appear for legitimate purpose, including advertising & promotion.

Signature _____ Date: _____

If under 18, parent signature required

This is a fun, color-filled event! Participants will be doused with colored powder throughout the course. The powder is non-toxic and washable, but it may stain certain fabrics, shoes, or accessories. We recommend wearing older clothing and shoes, and avoid anything you don't want to get colored. Sunglasses or goggles are also a good idea to protect your eyes.

Checks Payable to: Castle Rock Wellness Center

Mail to: GCDC, PO 25, Grainfield KS 67737 or take to registration

For questions: Doug Gruenbacher at 785.754.8098



For full event schedule visit Cruise, Shoes & BBQs on Facebook or our Grainfieldks.com website