



VETERANS MEMORIAL HOSPITAL'S 5K CARDIAC CLASSIC RUN/WALK

Veterans Memorial Hospital's 5K Cardiac Classic Run/Walk will be held during Waukon's Corn Day celebration and is open to community members of any age. The purpose of this event is to promote healthy lifestyles for the entire family. The event will end in time for all attending to enjoy the Corn Day celebration supper downtown, Waukon.

Date and Time: Thursday, August 5th (Race Starts at 6:00 p.m.; Registration 5:00-5:45 p.m.)

Location: The race will start and end near the East entrance of Veterans Memorial Hospital, along the Waukon Country Club golf course.

Distance: 5K (3.1 miles)

Awards: The awards ceremony will begin immediately following the race. Trophies will be awarded to the top place runners in each age category, both male and female, and medals will be awarded to the second and third place runners of each age category, male and female. In addition, trophies will be awarded for the best overall time in the men's and women's running divisions. The 5K Walk is not considered a race and therefore no prizes will be awarded. However, all pre-registered walkers will receive a T-shirt for participating.

T-shirts: T-shirts will be given to the first 100 run/walk participants, including those who preregister.

Entry Fee:

Runners The entry fee for the 5K Run is \$12. The entry fee will increase to \$15 for all runner entries received the day of the race.

Walkers The entry fee for the 5K Walk is \$10 per person. Children under 5 may accompany their parent(s) free of charge (no T-shirt included).

All proceeds will be used to purchase a new laboratory blood drawing cart for Veterans Memorial Hospital.

Late Registration: Late registration for both the 5K Cardiac Classic Run and Walk will be accepted until 5:45 p.m. on the day of the race, but early registration is encouraged. There will be no entry refunds.

Please make checks payable to Veterans Memorial Hospital.

Registration Form — Clip & Return

Please circle one: 5K Cardiac Classic Run or 5K Cardiac Classic Walk

Name _____
 Address _____

Age (as of August 5, 2010) _____ Circle one: Male Female

Age Group: Circle One 17 & Under 18-25 26-40 41-50 Over 50

T-Shirt Size: S M L XL XXL

Waiver:

I absolve the City of Waukon, Veterans Memorial Hospital, and all run/walk sponsors and officials of any liability incurred by myself during the running of the 5K Cardiac Classic Run/Walk. To the best of my knowledge, my physical condition is adequate for me to safely compete in the run/walk and that no physician or other qualified individual has advised me against competing in the run/walk.

Signature _____

Guardian (If under age 18) _____ Date _____

Please return entry form and check to:
 Veterans Memorial Hospital, c/o Erin Berns, 40 1st Street SE, Waukon, IA 52172 Phone (563) 568-3411

This is our 17th annual 5K Cardiac Classic. How many of our hospital 5K's have you participated in?