



5K Run and Fun Walk for Life

**In Recognition of National Health Center Week
August 8-14, 2010
“Turning the Vision into Reality”**

EVENT INFORMATION

Date: Saturday, August 21st, 2010 at 8:00 am

Pre-Race Registration: Packet pickup prior to event will be available at Siouxland Community Health Center on Friday, August 20th from 8am-6pm. Packets may be picked up from Cara Conrad.

Race Day Check-In: 7:30 am at Shelter #2 in Bacon Creek Park

Entry Fee: \$20.00

Sponsor: Siouxland Community Health Center

Incentives: Free t-shirts and prizes for all participants and awards for top 3 overall male, female, and youth brackets

REGISTRATION INFORMATION

First Name: _____ **Last Name:** _____

Address: _____ **Email:** _____

Male _____ **Female** _____ **Adult** _____ **Youth (14 and under)** _____

T-Shirt Size (Circle One): **S** **M** **L** **XL**

Are you running for timed competition or participating in the fun walk?

_____ I am running for competition and would like the results of my race to be timed.

_____ I am participating in the fun walk and do not want my results timed.

Please make checks payable to Siouxland Community Health Center and return registration to:

Siouxland Community Health Center
5K Run and Fun Walk for Life
1021 Nebraska Street
Sioux City, IA 51105

Please sign the waiver statement below:

In consideration of this entry, being accepted, I hereby for myself or entrants for which I am guardian for release any claims that I may have against the City of Sioux City or Siouxland Community Health Center involved in the 5K Run and Fun Walk in recognition of National Health Center Week. I certify that I and/or my child (Under 18) are physically able to participate in this event.

Signature: _____ Date: _____

Please return completed registrations by August 9 to guarantee t-shirt.