

ENTRY FORM

Name: _____

Gender Male _____ Female _____

Address: _____

City: _____ State: _____

Zip: _____ Ph. #: _____

Birth Date _____ Age on Race Day: _____

Race 5k _____ \$25 or Half _____ \$40 Kids _____ \$10

Work Wellness Team Name _____

Email _____

Choose only one Shirt option below or you will receive the Cotton one!

Cotton Pink T-Shirt included in cost. **(Circle One)**

SM MED LG XL XXL (\$2 extra), XXXL (\$2 extra)

OR

For additional \$5.00 you can get the neon yellow wick free shirt **(Circle size)**

SM MED LG XL XXL (\$2 extra), XXXL (\$2 extra)

MAKE CHECKS PAYABLE TO ALZHEIMER'S ASSOCIATION.

MAIL REGISTRATION TO:

Terry Willenborg, 660 Oneill St., Dubuque, IA 52001

I recognize the risk involved in any athletic event and hereby waive, release, and hold harmless the Alzheimer's Association, the City of Dubuque, the Heritage Trail, Dubuque County and all employees, all sponsors, all race directors and volunteers from any and all liability, claims, and rights for damages from injuries growing out of, related to, or arising from participating in the Alzheimer's Association 5k or half marathon. I attest and verify that I am physically fit and have significantly trained for the competition of this event and my physical condition has been verified by a licensed medical doctor. No Refunds.

Signature: _____

Date: _____

Parent Signature (If under 18): _____

Date: _____

08.17.19



7TH ANNUAL **ALZHEIMER'S** **5K & HALF MARATHON**

SPONSORED BY

Brown's Shoe Fit Co.

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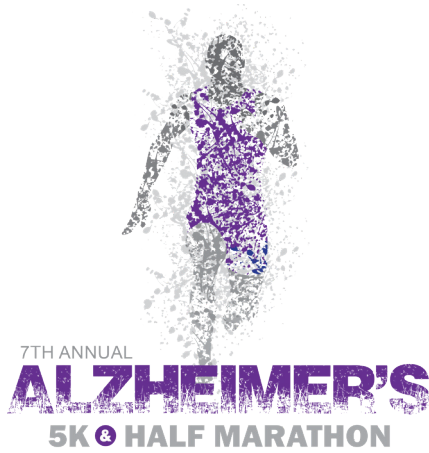
The Morocco Supper Club

Willenborg Plumbing & Heating

Seeley Photography

Dyersville CARQUEST

DB&T



Starts at Heritage Trail Pond, Highway 52. Enjoy an out and back course over the bridge and towards town for the 5k and a 5 mile out and back course heading west towards Durango and finishing on the 5k portion for the Half Marathon.

Early packet pick-up at Fullness of Life on Friday, Aug. 16 from 4-7 p.m. also sign-up available for \$25/5k and \$40/Half Marathon.

150 JFK Rd, Suite 10, Dubuque, IA 52002
(next to House of China)

Kids 1/2 mile Fun Run at 7:35 a.m.
\$10 (includes shirt)

PACKET PICK-UP & REGISTRATION
from 6:30-7:30 a.m. on Aug. 17, race morning.

REGISTER ONLINE AT GETMEREREGISTERED.COM

For more information contact Terry Willenborg at
563-451-7332 (whitesoxrunner@aol.com)

SPECIAL DEAL REGISTER BEFORE JUNE 1ST
\$20-5k, \$40-Half Marathon.

EARLY REGISTRATION BEFORE AUG. 10TH
\$25-5k, \$45-Half Marathon includes t-shirt.

REGISTRATION AFTER AUG. 10TH
\$30-5k/\$50-Half Marathon no t-shirt guaranteed.

CHIP TIMING BY J3 TIMING
Any Division or Overall Record broken in the 5k will receive a \$10 Gift Card to Casey's.



TROPHY'S TO OVERALL MALE AND FEMALE WINNERS IN 5K RACE



TOP 3 MEN AND WOMEN IN HALF RECEIVE TROPHY'S

Medals will be awarded to the top three female and male finishers in the following age divisions:

(5k Run/Walk) 15 & under, 16-23, 24-29, 30-35, 36-42, 43-49, 50-55, 56-62, 63-69, 70 & over

(Half Marathon) 20 & under, 21-25, 26-30, 31-35, 36-40, 41-45, 46-53, 54-59, 60-64, 65 & over

Mail in entry form on back.