

8th Annual Alzheimer's 5k & Half Marathon

Date: Saturday August 15th, 2020

Half Marathon at 7:30, 5k at 8:00, Dubuque, IA

This Event can be Run Virtual or As normal as we can make it.

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 registration before Aug 1st, 2020, \$25-5k or \$25-Half Marathon includes a t-shirt. Registration after Aug 1st, still \$25 but no t-shirt guaranteed. *****Only 50 participants per race due to Covid19 Social Distancing**

Timing Will be Done by tearing the bottom of the bib off by yourself and stop watch. (old Way)

Lots of new changes will be made for the safety of all runners, walkers and volunteer's due to the covid19 virus. Mask's are encouraged to wear before the event starts.

Sign up on GetMeRegistered.com No Kids Fun Run this year !!

Trophy's to Top 3 Male and Female winners in 5k & Half Marathon races ! No Age Division's

**Finisher medals and door prizes to all Participants in 5k & Half Marathon
We will update all participants times on our website for the whole month of August.**

Only Competitor's starting at 7:30/Half and 8:00/5k are eligible for Top 3 spots in each race.

Feel Free to Run anytime between 7-10 on August 15th as water stops will be set up.

Please upload your Picture and time on our Facebook group if you run Virtual.

You have the whole month of August to run it virtual.

No after party or award ceremony. Mask's will be worn by all volunteer's during event.

Check Alzheimers5k.com for any changes that may happen over the next month.



Early Packet Pick up at the Heritage Pond on Friday August 14th will be a drive thru from 3-7. No Registration on Friday or Race Day

We will have a hand washing area at the event.

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

Thank You for understanding all these new changes during this challenging times.

Check us out on Facebook @ Alzheimer's 5k & Half Marathon !!

Name: _____ Male _____ Female _____

Address: _____ City: _____ State: _____

Zip: _____ Ph. #: _____ Birth Date _____ Age on Race Day: _____

Race 5k _____ \$25 or Half _____ \$25 Wellness Team Name _____

Email _____

Cotton shirts only this year. Ultra Purple T-Shirt included in cost (

Circle One) SM Med Lg Xlg XXlg (\$2 extra), XXXlg (\$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 am aware of the risk of the covid19 virus and are participating at my own risk. 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. I understand that this event can be cancelled at any time due to the Covid19 virus. No Refunds

Signature: _____ Date: _____

Parent Signature (If under 18): _____ Date: _____

5K course

