

# 4th Annual Alzheimer's 5k & 10k

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**Date: Saturday August 13th, 2016**

**Both start at 8:00**

Starts at Heritage Trail Pond, Highway 52. Enjoy an out and back course over the bridge and towards town for the 5k and an out and back course heading west towards Durango for the 10k. Early registration before Aug 6<sup>th</sup>, 2016, \$20-5k, \$25-10k includes t-shirt. Registration after Aug 6<sup>th</sup>, 2016, \$25-5k/\$30-10k no t-shirt guaranteed. **Chip Timing by Kauder Racing**

**Trophy's to Overall Male and Female winners in both races !**

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

**(10k run only)** 20 & under, 21-25,26-30, 31-35,36-40,41-45,46-53,54-59 & 60 & over

**Early Packet Pick up at Courtside on Friday August 12<sup>th</sup> from 4-7 also sign up available for \$20/5k and \$25/10k. Packet Pick-Up & Registration from 6:30-7:45 am on August 13<sup>th</sup> race morning**

**\*\* Register online at [GetMeRegistered.Com](http://GetMeRegistered.Com)**

**For more information contact Terry Willenborg @ 563-451-7332**

**([whitesoxrunner@aol.com](mailto:whitesoxrunner@aol.com)) Mail in entry Form on Back**

Name: \_\_\_\_\_ Gender Male \_\_\_\_\_ Female \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_ Ph. #: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Race 5k \_\_\_\_\_ --\$20 or 10k \_\_\_\_\_ --\$25

Email \_\_\_\_\_

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

Cotton Ultra Orange T-Shirt included in cost (Circle One) SM Med Lg XLg XXLg (\$2 extra), XXXLg (\$2 extra)

OR

For additional \$5.00 you can get the orange wick free shirt (Circle size) SM Med Lg XLg XXLg (\$2 extra),

Make checks payable to Alzheimer's Association.

Mail registration to Terry Willenborg ---660 Oneill st --- Dubuque, Ia 52001

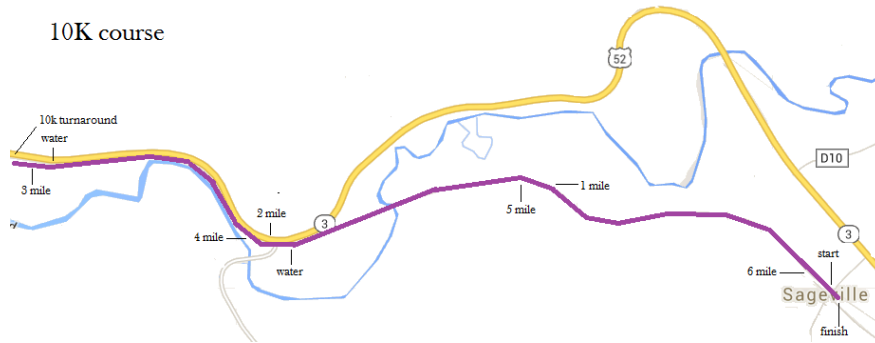
I recognize the risk involved in any athletic event and hereby waive, release, and hold harmless the Alzheimer's Association, the City of Dubuque, the Heritage Trail, Dubuque County and all employees, all sponsors, all race directors and volunteers from any and all liability, claims, and rights for damages from injuries growing out of, related to, or arising from participating in the Alzheimer's Association 5k or 10k. 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: \_\_\_\_\_

CUT AT LINE BELOW MAIL IN TOP PORTION AND KEEP LOWER PART FOR YOUR INFORMATION

### 10K course



Where You Have the Right to B - FIT  
**FitnessSports**  
www.FitnessSports.com  
8810 Swanson Blvd, Clive, IA 50325  
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