



5/10 K Run/Walk

May 1, 2010

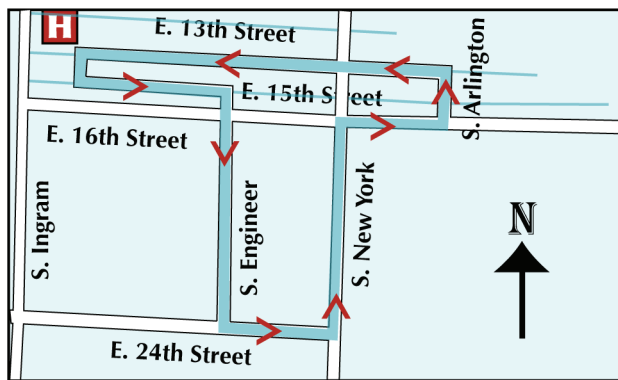
8:00 a.m. - Post Race activities and awards at 9:30 a.m.



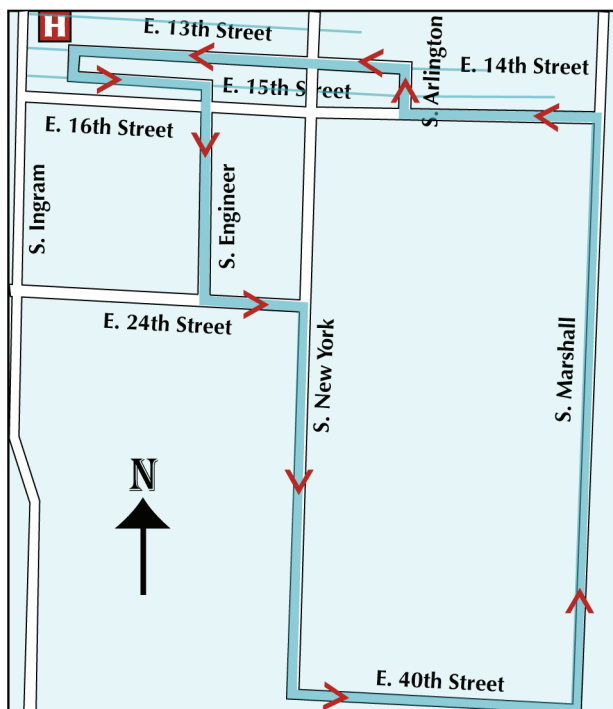
Location: Bothwell Regional Health Center, 601 E. 14th Street, Sedalia, Missouri. Far South Side Parking Lot (15th street side)

Course: Both 5K run/walk and 10K run start at BRHC and are a single loop. Paved with some hills. Aid stations will be provided.

5K Course



10K Course



Brief Description: Bothwell Regional Health Center Foundation hosts the 3rd annual Lub Dub Run, an event designed to raise support for heart disease in Pettis and Benton Counties. Heart disease is the number one killer nationwide of men and women, and statistics show our communities have a higher risk than most. One in four of us struggle from this disease each day. The dollars raised will benefit the Camye Callis Gaspard Memorial Heart Fund, and will help bring the latest and best diagnosis and treatments right here, close to home.

Entry Fee: \$20 before April 19th, \$25 April 19th through race day. Registrations received after April 19th will receive a T-shirt while supplies last.

Registration:

- Online registration is available at Active.com before 12 noon April 30th.
- Registration forms may be picked up at the BRHC Foundation Office, located in the Bothwell Education Center, at area fitness centers or downloaded off the website at brhc.org.
- Race Day registration available 7:00 to 7:45 a.m.

Awards: 5K run and 10K run awards will be given to the top three males and females in 10-year increments starting at under 19, with larger groups being divided into five-year age groups. 5K walk awards will also be given.

Runner Safety: Because the course will still be open to traffic, radio headsets, baby strollers or joggers, roller skates, roller blades, hand/foot cycles and dogs are not allowed.





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REGISTRATION FORM

Event Overview —

Date: Saturday, May 1, 2010 - 8:00 a.m.
Race Day Check-in: 7:00 - 7:45 a.m.
Post Race Activities: 9:30 a.m.

Race you are registering for:

_____ 5K Walk _____ 5K Run _____ 10K

Registration Information —

Name: _____

Address: _____

City: _____ State _____ Zip _____

Phone: (____) _____ Ext.: _____

E-mail: _____

Age: _____ M _____ F _____

T-Shirt Size: ___S___M___L___XL___2XL
(registrations after April 19 will receive T-Shirts while supplies last)

How did you hear about the race:

Please sign the waiver statement below:

In consideration of this entry being accepted, I hereby for myself, heirs, executors and administrators waive and release any claims that I may have against Bothwell Regional Health Center, BRHC Foundation or any of the sponsors involved in the Lub Dub Run/Walk. I certify that I am physically able to participate in this event.

Signature _____ Date: _____

Registration Fee(s):

\$20 Individual (if registering before April 19). \$ _____

\$25 Individual (if registering April 19 to Race Day) . . \$ _____

\$8 Kiddie Run. \$ _____

Name of child: _____

Additional donation to the Camye Callis Gaspard Heart Fund (*Thank you!*) \$ _____

Total Amount Paid \$ _____

Make checks payable to:

Bothwell Regional Health Center Foundation

Mail registration forms to:

Bothwell Regional Health Center Foundation
Attn: Lub Dub Run
601 East 14th Street
Sedalia, MO 65301

Contact us at lubdubrun@yahoo.com or 660-826-6263.

Please sign the photography release below:

I give permission to Bothwell Regional Health Center and BRHC Foundation to use my photographic image for advertising, media, or other purposes, and consent to use my name in connection with this image.

Signature _____ Date: _____