

Avera 5K Freedom Fun Run/Walk

9:00 AM Tuesday, July 4, 2017

Registration: 8:00-8:45am at Avera Eureka Health Care Center

****North parking lot**



Fees: Adults-\$15.00

Kids-10 & Under-\$5.00

Make checks payable to: **AEHCC Fundraising**



Each participant will receive a water bottle.

**Water bottles only guaranteed to early registrations. (Most same-day registrants will receive a water bottle, but it is not guaranteed for anyone not pre-registered.)*

*Join in on the fun and dress in your best Red, White, & Blue!
Cash prizes will be awarded to the most patriotic costumes.*

**This is a fun run so no prizes will be given out for top finishers.*

Sponsored by: AEHCC Employee Activity Committee

Avera 5K FREEDOM FUN RUN/WALK REGISTRATION

Name: _____

Address: _____ Phone: _____

City: _____ State _____ Zip: _____

Email: _____ Age on race day: _____ Birthday: ____/____/____

_____ Alert! I have special medical problems or needs. (Please attach an explanation to entry form)

_____ I have competed in a 5K race before.

PLEASE READ CAREFULLY BEFORE SIGNING

I recognize the difficulties of this event and attest that I am sufficiently physically fit to compete and safely finish this 5K and have not been advised otherwise by a qualified medical person.

Signature

Date

Signature of parent or guardian if under 18 years of age

Date

Please return registration to Lisa Nesheim, Po Box 40, Eureka, SD 57437 or by dropping off at Avera Eureka Health Care Center.