



Team Discount Available!

Teams of 10 or more receive an entry discount. **NOTE:** In order to get the team discount, forms must be returned by Noon on Wednesday, July 18. Discounts will not be available after that date. Please call 641.676.7146 for more information.

**8th Annual
Run in the Sun
5K Run and 1-Mile Walk
2011 • 2012 • 2013 • 2014
2015 • 2016 • 2017 • 2018**



1229 C Avenue East, Oskaloosa, IA 52577
Phone: 641.676.7146
mahaskahealth.org



5K Run and 1-Mile Walk

Saturday, August 4, 2018

New this Year!
Snapchat
Swipe right to use the
Run in the Sun Filter!

Available 6 am to 2 pm on the track
(Must have Snapchat installed on your phone)





The 8th Annual MHP Foundation

Run in the Sun

involves a 5k with electronic chip timing and a 1-Mile Walk, where all ages, abilities and even strollers are welcomed.

Both events will begin and end at the Lacey Recreation Complex Community Stadium. All participants will receive a commemorative hot pink *soft spun* cotton T-shirt.

Please note, the stadium does not allow dogs.

Awards by Age Group

For the 5k, medals will be awarded for the top three male and female finishers in each category:

11 & under • 12-14 • 15-18 • 19-29
30-39 • 40-49 • 50-59 • 60 & Up

All walkers will receive a ribbon.

Schedule

Saturday, August 4

Registration Begins..... 7:30 am
Welcome and Ceremony 8:15 am
5k Start 8:30 am
1-Mile Start 8:35 am

Registration for either event is \$25 per person.
For teams of 10 and up: \$20 per person.

Teams must be registered by Noon on July 18 to qualify for the discount. Individual registrations will continue to be accepted until August 1.

Same day registration will be \$30.

For more information, please contact MHP Foundation Director Cathy Stahl at **641-676.7146** or cstahl@mahaskahealth.org.

Registration Information

Individuals..... \$25 if registered by Wednesday, August 1
Teams of 10 or More \$20 per person if registered by Noon on Wednesday, July 18
After discount deadline, team registration is \$25 per person
Same Day Registration \$30 per person, register between 7:15 and 8:00 am

Register before July 23 to be guaranteed a t-shirt ▶▶▶

Register and pay online at mahaskahealth.org.

Or complete the form below and return with a check made payable to MHP.

Mail to: MHP Foundation, 1229 C Avenue East, Oskaloosa, IA 52577



One form needed for each participant.

Name _____

Address _____

City/State/Zip _____

Email Address _____

Age on Aug. 4, 2018 _____ Male Female

Phone (_____) _____

Adult Shirt Size: S M L XL 2X 3X 4X

Youth Shirt Size: S M L XL

**Toddler sizes are available by request, call 641.676.7146 for more information.*

Team Name (optional) _____

I plan to participate in the 5K

I plan to participate in the 1-Mile Walk

Amount enclosed:

\$ _____

Additional donation to MHP Foundation:

\$ _____

Total \$ _____

Waiver

I assume all risk associated with this event including and not limited to falls, injuries, contact with other participants, effects of weather, traffic and run or walk route conditions. I, for myself and anyone entitled to act on my behalf, waive and release Mahaska Health Partnership, all event sponsors and the Lacey Recreation Complex Community Stadium from all claims and liabilities.

I grant all permission to use any and all motion pictures, video and/or photographs for any legitimate reason.

Sign to indicate you have read, understand and accept the agreement above

Date

..... A parent or guardian must sign for individuals under the age of 18