

# New This Year: *Tribute Signs*

Run in the Sun 2019 has a new opportunity to celebrate, honor or memorialize a loved one with a customized tribute sign. Custom tribute signs will include a name as well as a brief personalized message or quote. Signs will be on display at Lacey Recreational Complex Community Stadium for viewing before and after the race. **Run in the Sun Tribute signs cost \$20** and will be available to take home after the event. Anybody is welcome to order a tribute sign regardless of their participation in the run/walk.

**To order a tribute sign**, fill out the information below and submit with payment by **Monday, July 29**. Orders can also be placed online at [mahaskahealth.org/run2019](http://mahaskahealth.org/run2019).

**For more information or questions on Tribute Signs, please call**

**Cathy Stahl at 641.676.7146.**



*Example of Tribute Sign. Actual Size 11x17.*

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

## **Tribute sign text:**

In Honor of     In Memory of \_\_\_\_\_

Sign Message (up to 15 words)

\_\_\_\_\_  
\_\_\_\_\_

Register and pay online at [mahaskahealth.org](http://mahaskahealth.org) or complete the form above and return with a check made payable to Mahaska Health Foundation.

**Mail to:** Mahaska Health Foundation, 1229 C Avenue East, Oskaloosa, IA 52577

# 5K Run and 1-Mile Walk

Saturday, August 3, 2019



## The 9th Annual Mahaska Health 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 true royal 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 3

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 17 to qualify for the discount. Individual registrations will continue to be accepted until July 31. Same day registration will be \$30.

**For more information, please contact Mahaska Health Foundation Director Cathy Stahl at 641.676.7146 or cstahl@mahaskahealth.org.**

## Registration Information

- Individuals:** \$25 if registered by Wednesday, July 31
- Teams of 10 or More:** \$20 per person if registered by Noon on Wednesday, July 17
- After discount deadline:** \$25 per person for team registration
- Same Day Registration:** \$30 per person, register between 7:30 and 8:15 am

Register and pay online at mahaskahealth.org or complete the form below and return with a check made payable to Mahaska Health Foundation.

**Mail to:** Mahaska Health Foundation, 1229 C Avenue East, Oskaloosa, IA 52577



### One form needed for each participant.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Age on Aug. 3, 2019 \_\_\_\_\_  Male  Female

Phone ( \_\_\_\_\_ ) \_\_\_\_\_

Adult Shirt Size:  XS  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

I plan to purchase a tribute sign for \$20 (form on back)

Amount enclosed:

\$ \_\_\_\_\_

Additional donation to the 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, 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 •••••