

# HEART AND SOLE 5K RUN+WALK

SUPPORTING 3D MAMMOGRAPHY AT JCH

## RACE DATE

# SATURDAY OCTOBER 6

JCH Wellness Center  
412 Maple Summit Road  
Jerseyville, IL 62052  
**618.498.3500**

**Early Registration:** \$20.00  
**Deadline:** Friday, September 28  
**Late Registration:** \$25.00  
(shirt not guaranteed)  
**Kids 18 and Under:** \$10.00

### RACE DAY REGISTRATION

7:00am-7:30am  
Make Checks Payable to  
JCH Wellness Center

### RACE BEGINS AT 8AM

Register at [jch.org/heartandsole](http://jch.org/heartandsole)

## AWARDS+AGE GROUPS

All participants who complete early registration will receive a race shirt. Top 3 overall male and female runners will receive a medal and a \$25 gift certificate to the Wellness Center. To male and female in each age group will receive a medal. Medals will be awards for all finishers 18 and under.

18 & Under	19-29	30-39	40-49	50-59	60+
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Refreshments will be served following the race.  
An awards ceremony will start at 9:00 am.

## JCH WELLNESS CENTER'S 5K RUN+WALK

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Male Female  
Address: \_\_\_\_\_ Phone: \_\_\_\_\_ Walker Runner  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Shirt Sizes:** S M L XL XXL | **Youth Shirt Sizes:** XS S M L

**Waiver:** In consideration of my signed acceptance of this entry, I waiver and release my rights and all claims against the sponsors and producers of this event for any injuries or illness which may directly result from participation in this race or on the premises of this event. I further attest that I am in proper physical condition and assume all risks associated with running in this event including, but not limited to falls, contact with other participants, effects of weather, traffic and the conditions of the road. All such risks are hereby waived and I release JCH Wellness Center of Jerseyville and all persons associated with this event from all claims or liabilities of any kind arising from my participation in this event.

\_\_\_\_\_  
Participants Signature

\_\_\_\_\_  
Parent/Guardian Signature

## SPONSORED BY

