

SATURDAY, OCTOBER 8TH 7:30PM

**PRIZE FOR
BEST DRESSED
ADULT & CHILD!**

HUMBOLDT COUNTY MEMORIAL HOSPITAL FOUNDATION

5K GLOWRUN

HCMH

GOING THE DISTANCE TO
MAKE A DIFFERENCE



**ALL ENTRANTS WILL RECEIVE A SHIRT, GLOW GEAR & FLASHLIGHT!
REGISTRATION/PACKET PICK UP & ACTIVITIES AT 6PM!
FREE FACE PAINTING AND ADDITIONAL GLOW GEAR AVAILABLE FOR PURCHASE!**

(while supplies last)

The course is flat and starts at Reasoner Dam in Humboldt, one block west of Hwy 169 and 6th Ave North, where registration, packet pick up and fun activities will take place. The course will cross Hwy 169 at the start and traffic will be stopped. The marked course goes through town streets and continues on the Cottonwood Trail ending back at Reasoner Dam. Proceeds will be used for breast cancer awareness and mammograms for those in need. We will not time the Glow 5K.

Early Registration NOW-SEPT. 24TH

\$25 14 & OVER ----- \$15 13 & UNDER

General Registration SEPT. 25TH-OCT. 8TH

\$30 14 & OVER ----- \$20 13 & UNDER

Mail entries and checks payable to
Humboldt County Memorial Hospital
Attn: Stacy Clarken
1000 N. 15th Street
Humboldt, IA 50548
Questions? Call 515-332-7663

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____ E-mail: _____

Adult T-shirt size: Small Medium Large X-Large XX-Large (add \$2)

Youth T-shirt size: Small Medium Large

Photographic Release and Waiver/Release of Claims

In consideration of your acceptance of this entry, I hereby, for myself, my executors and/or administrators waive any and all rights and claims for damages I may have against individuals associated with this event, its agencies or representatives, for any and all injuries suffered by me in said event. I attest and verify that I have full knowledge of the risks involved in this event and am physically fit and sufficiently trained to participate in this event. I give my consent & permission to Humboldt County Memorial Hospital Foundation and its affiliates and assigns the irrevocable right to use, for any purpose whatsoever and without compensation, (i) photographs and any other recordings that are made of me and (ii) results of my participation in this Event.

Participant/Date (and parent or guardian if participant is 18 or under)