

SAT, SEPTEMBER 16, 2023

BECKMAN SPORT COMPLEX

901 E. Acers Street, Manchester
7AM Registration & Check-in

Kiddie-K Fun Run: 7:30 AM

FREE entry

.2 mile run for our littles! (typically up to age 7)
Ribbons for participants. Medals for top runners.

Open Mile: 7:40 AM (walk or run - join us!)

\$10 entry fee

1 mile run/walk open to EVERYONE! Medals for top runners.

5K / 10K: 8 AM (walk or run - join us!)

Register by August 27th and save \$5!

Prizes awarded to top male & female and medals to the top 3 in each division: Overall, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+



regmedctr.org/movingforlife

REGISTER ONLINE
GetMeRegistered.com/RMCMovingForLIFE

All proceeds help improve services for YOU!

Join us and walk or run for a good cause!



RMC Moving for Life Registration Form		<table border="1"> <tr> <td>Fun Run</td> <td>Open Mile</td> <td>5K</td> <td>10K</td> </tr> <tr> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>				Fun Run	Open Mile	5K	10K	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>				
Fun Run	Open Mile	5K	10K														
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>														
First & Last Name (please print)		Today's Date: _____															
Mailing Address (include apt.#)		Kiddie-K Fun Run Entry Fee: FREE Open Mile Entry Fee: \$10															
City		State		Zip Code													
Email		5K/10K & T-SHIRT <input type="checkbox"/> 05/01-08/27 Entry Fee: 5K-\$25 / 10K-\$30 <input type="checkbox"/> 08/28-09/16 Entry Fee: 5K-\$30 / 10K-\$35 <small>Entries received after 08/27 are not guaranteed a shirt. Circle one. Adult Unisex Sizing.</small>															
Phone (include area code)		Age on Race Day		Male Female													
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RETURN FORM & ENTRY FEE: Regional Medical Center, Attn: Valerie Lindsay, PO Box 359, Manchester, IA 52057		<table border="1"> <tr> <td>S</td><td>M</td><td>L</td><td>XL</td><td>2XL</td><td>3XL</td> </tr> </table>				S	M	L	XL	2XL	3XL						
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If our event needs to be postponed and/or cancelled, your registration fee will be refunded unless you elect it as a donation to RMC. Please check your preference if we need to cancel the event. All efforts will be made to not cancel the event.		<input type="checkbox"/> Donate my entry fee to RMC <input type="checkbox"/> Refund my entry fee															

I recognize the risks involved in any athletic event and hereby waive, release and hold harmless all sponsors, contributors, supporters, volunteers and officials associated with the race and event, from any and all liability, claims and rights for damages from injuries growing out of, related to, or arising from participating in the RMC Moving for Life Event. I further certify that I have full knowledge of the risks involved in this event and that I am physically fit to participate. If, however, I do require medical attention as a result of my participation in the above mentioned activities, I authorize the medical personnel associated with said events to provide medical care as is deemed appropriate by such.

Participant Signature: _____ Date: _____

Parent Signature (if under 18): _____ Date: _____

Questions? Contact
Valerie Lindsay, Marketing & Fund Development Manager
donations@regmedctr.org or 563-927-7534

Regional Medical Center
Excellence in healthcare, close to home