Gateway Area Chapter American Red Cross
Run for the Red
5K Run & Health Walk
Saturday November 22, 2008 9:00 a.m.

General Information:

*****Race Day registration will be held at DeWitt Fitness Center, 900 14th St. DeWitt, IA 52742. Post race activities will be held at the DeWitt Fitness Center.

*****The race starts and ends at the corner of 14th St. and 8th Avenue.

Divisions: For Men and Women: 15 & under 16-19 20-29 30-39
40-49 50-59 60-69 70+

Courses:

5K run: One long loop on paved, primarily flat streets, in a residential section of scenic DeWitt, Iowa.

Health Walk: One shorter loop on paved, primarily flat streets, in a residential section of scenic DeWitt, Iowa.

Awards and Prizes:

*All participants will receive a free t-shirt; trophies will be given to 1st, 2nd, and 3rd overall race winners: medals will be awarded to 1st, 2nd, and 3rd in each division of running.

*Door prizes and refreshments are available due to the generosity of area businesses. Must be present to receive door prizes.

Facilities: All race participants are welcome to use the DeWitt Fitness Center showers and fitness center after the race. The DeWitt Fitness Center is located at 900 14th St. DeWitt, IA 52742

Race Packets are available for early pick up at the American Red Cross on Friday November 21st from 5 -7 p.m.

Entry Fees & Registration:
Pre-registration ends Nov. 14. The entry fee is $15. Late and race day registration fee is $20. Make checks payable to Bizzy B Scrubs P.O. Box 311 Clinton, IA 52732. Please contact Sarah Thompson at (563) 242-5223 for more information.

Name:_____ Phone:_____

Address:_____
Street City State Zip

____ 5K Run _____ Health Walk

Age as of 11/22/2008_____ _____Male _____Female Shirt Size: __S __M __L __ XL ___XXL (add $2)

Waiver: In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, and assigns, waive and release any and all rights and claims for damages against the Gateway Area Chapter American Red Cross, the City of DeWitt, meet sponsors, officials, volunteers, and workers for any injury or accident suffered by me in connection with the Gateway Area Chapter American Red Cross Run for the Red 5K Run/Health Walk on November 22, 2008.

Signature:_____ Date _____
(Parents signature if under 18)