Veterans Memorial Hospital’s 5K Cardiac Classic Run/Walk will be held during Waukon’s Corn Days celebration and is open to community members of any age. The purpose of this event is to promote healthy lifestyles for the entire family. The race will start and end near the east entrance of the hospital, along the Waukon Country Club Golf Course.

**Saturdays, August 15**
**Race at 8:00 a.m.**
**Registration 7-7:45 a.m.**

**Distance: 5K (3.1 miles)**

**Entry fees:**
- $12 for pre-registered runners
- $15 day of the race
- $10 for walkers

Children under 8 may accompany their parent(s) free of charge (no t-shirt included.)

Late registration for both the 5K Cardiac Classic Run and Walk will be accepted until 7:45 a.m. on the date of the race, but early registration is encouraged. There will be no entry refunds.

T-shirts will be given to the first 125 run/walk participants, including those who pre-register.

**Awards** begin immediately following the race. Trophies awarded to top place runner, both male and female, and medals awarded to 1st, 2nd and 3rd place runners in each category. The 5K Walk is not considered a race so no prizes will be awarded.

Proceeds will be used to purchase a new Blanket Warmer for use during CT testing in Radiology.

---

**Registration Form (please clip and return)**

5K Run or 5K Walk (Please circle one)

Name

Address

City/State/Zip

**Waiver:** I absolve the City of Waukon, Veterans Memorial Hospital, and all run/walk sponsors and officials of any liability incurred by myself during the running of the 5K Cardiac Classic Run/Walk. To the best of my knowledge, my physical condition is adequate for me to safely compete in the run/walk and that no physician or other qualified individual has advised me against competing in the run/walk.

Signature Date

Guardian signature (if under age 18) Date

**Mail form and entry fee to:** Veterans Memorial Hospital 5K Run/Walk, 40 First St. SE, Waukon, IA 52172

*Please make checks payable to Veterans Memorial Hospital.*