

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 First & Last Name (please print) <input type="text"/> Mailing Address (include apt.#) <input type="text"/> City _____ State _____ Zip Code _____ Email <input type="text"/> Phone (include area code) _____ Age on Race Day _____ Male _____ Female _____		<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> Today's Date: _____ Kiddie-K Fun Run Entry Fee: FREE Open Mile Entry Fee: \$10 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 Entries received after 08/27 are not guaranteed a shirt. Circle one. Adult Unisex Sizing. <table border="1"> <tr> <td>S</td> <td>M</td> <td>L</td> <td>XL</td> <td>2XL</td> <td>3XL</td> </tr> </table> 5K/10K ONLY (NO SHIRT) <input type="checkbox"/> 05/01-08/27 Entry Fee: 5K-\$20 / 10K-\$25 <input type="checkbox"/> 08/28-09/16 Entry Fee: 5K-\$25 / 10K-\$30	Fun Run	Open Mile	5K	10K	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	S	M	L	XL	2XL	3XL
Fun Run	Open Mile	5K	10K													
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>													
S	M	L	XL	2XL	3XL											
RETURN FORM & ENTRY FEE: Regional Medical Center, Attn: Valerie Lindsay, PO Box 359, Manchester, IA 52057		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.														

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: _____