



"Clothes for Kids"



Register before 9/30/14 to be guaranteed a race shirt!

Saturday, October 11, 2014

9 a.m. 10k Run Start

9:15 a.m. 5k Run Start

9:30 a.m. 5k Speed Walking

9:45 a.m. Family Fun Walk Start

For more information, please contact

Chris Proctor at 618.252.5555 or

e-mail cproctor@integratedhealthofsi.com

Register online at Active.com

Superheroes for a Super Cause!

Come dressed as your favorite superhero! Awards for best individual and best team costumes!

Join Integrated Health for the 4th Annual 5k/10k and 1 Mile Family Fun Walk to help raise money to benefit the Fowler-Bonan Foundation! Not racing? Support a great cause by making a donation.

Runner / Participant Info: Please Print Legibly

Full Name: _____ Gender: Male Female

Address: _____ Apt #: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Other Phone: _____ E-mail: _____

Age on 10/11/2014: _____ Date of Birth: _____ T-Shirt Size: S M L XL XXL

Emergency Contact Name: _____ Emergency Contact Phone #: _____

Register online at www.active.com
Please make checks payable and mail to :
Integrated Health
303 S. Commercial St. Suite 10
Harrisburg, IL 62946
(p). 618.252.5555
(f). 618.252.2279
(w). integratedhealthofsi.com

Please circle the event you will be participating in:
5k Run
10k Run
5k Speed Walk
1 Mile Family Fun Walk
I will not be participating but would like to make a donation

Table with 4 columns: Event Name, NOW through 6/30/14, 7/1/14 through 9/30/14, 10/1/14 through 10/11/14. Rows include 5K Run, 5K Speed Walk, 10K Run, and 1mile Family Fun Walk.

Online registration will close on Friday, October 10, 2014 at 12:00 noon. Mail in registration will close on Fri., October 10, 2014. Applications postmarked after 10/7/14 will not be processed. Race day registration will be available.

I know that running and volunteering to work races are potentially hazardous activities. I should not participate in the Integrated Health 5k/10k/Family Fun Walk unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and/or volunteering to work in the Integrated Health 5k/10k/Family Fun Walk, including but not limited to falls, contact with other participants, the effects of weather, including high heat or humidity, the condition of the road and traffic on the course, all such risks being known to me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself, and anyone entitled to act on my behalf waive and release Integrated Health and all sponsors of the event, any and all members thereof, their representatives, successors from claims or liability of any kind arising out of my participation in the Integrated Health 5k/10k/1 Mile Family Fun Walk., even though that liability may arise out of negligence or carelessness on recordings, or any other record of this event for any legitimate purpose. By signing this waiver form, I agree that for safety reasons, headphones, strollers, baby joggers, skates, skateboards, and animals are not permitted in this event.

Signed: _____ If under 18, Parent/Guardian Signature _____

Date of Signature _____/_____/_____

Sponsorships are available. Look on the back of this form for all the details and additional race information...

Title Sponsor:



www.integratedhealthofsi.com

Integrated Health of Southern Illinois
Serving you in detail. An "integrated" approach.

Chiropractic

- Extremity Adjusting
- Preventative Care
- Pediatric Care

Physical Therapy

- Sports Rehab
- Knee/Hip/Foot Pain
- Joint Replacement Therapy
- Neck/Shoulder/Arm Pain
- Vestibular Rehab

Massage

- Deep Tissue
- Sports Massage
- Hot Stone

Nutrition

- Standard Process Supplementation
- Standard Process Purification
- Nutrition Consultation
- SHAPE ReClaimed

Acupuncture

- Balance Body Energy
- Pain Reduction
- Promote Healing

Volunteers needed!!

Call Chris Proctor
at **252.5555** or email

cproctor@integratedhealthofsi.com

to help a great cause!!

Sponsorship Info:

Platinum Sponsor-\$500

Gold Sponsor-\$300

Silver Sponsor-\$200

Bronze-\$100

All sponsors will be featured on our t-shirt that each participant receives, along with your business listing in the event program.

AND

Platinum Sponsor receives 5 race entries

Gold Sponsor receives 3 race entries

Silver receives 2 race entries

Bronze receives 1 race entry

Directions to Race Start:

Integrated Health

303 S. Commercial St., Suite 10,

Harrisburg, IL 62946



Race packet pickup will be available on race day.

Early Packet Pickup:

Friday, October 10th 8am-5pm

Integrated Health

303 S. Commercial Street, Suite 10

Harrisburg, IL 62946