

Return Form To:
Keller Wellcare Center
P.O. Box 610
Sheffield, AL 35660

Please Read and Sign

In consideration of the acceptance of my entry and other considerations, I for myself, my personal representative and other assigns, do hereby release and discharge the Keller Wellcare Center, Helen Keller Hospital, the City of Sheffield, the City of Tuscumbia, and all participating sponsors from all claims rising or growing out of my participation in the Wellness Run. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature _____
Parent's signature if runner under 18

Name _____

Address _____

City/Zip _____ Phone _____

T-shirt size: XL L M S **Sex:** M F
Youth sizes: YL YM

Age on 4/20/19 _____ Birthdate ____/____/____

Pre-registration must be received by
April 15, 2019
Make Checks Payable to
Keller Wellcare Center

4 Mile Fee before April 15 - \$12.00
After April 15 - \$15.00
1 Mile Fee - \$10.00
Both - \$20.00

****11 & Under - \$5.00 off early registration**
only

___ 4 Mile ___ 1 Mile ___ Both

Superhero Strides

SATURDAY April 20, 2019
Costumes encouraged!

Time:

8:00 a.m. - 4 Mile Start
9:15 a.m. - 1 Mile Start
8:00 a.m. - 12:00 p.m. Family Health Fair

Course:

4 Mile Run & 1 Mile Fun Run

A fast course with few turns, through downtown Tuscumbia. Mile splits, with water stations at two mile and three mile.
Certified

Location:

Keller Wellcare Center
Helen Keller Hospital
1021 11th St. SW
Sheffield, AL 35660

Proceeds benefit the:



Packet Pickup:

Race day 7:00 - 9:00 a.m.
Keller Wellcare Center

Awards:

All entrants will receive a T-shirt, access to Vendors, and post race refreshments.

Age Divisions for the One Mile Fun Run

Males & Females

*0-6	20-24	45-49
*7-8	25-29	50-54
*9-11	30-34	55-59
12-14	35-39	60 & up
15-19	40-44	

Age Divisions for the 4 Mile Run

Males Females

0-14	40-44	0-14	40-44
15-19	45-49	15-19	45-49
20-24	50-54	20-24	50-54
25-29	55-59	25-29	55-59
30-34	60-64	30-34	60 & up
35-39	65 & up	35-39	

4 MILE AWARDS: The top three males and females will each receive a Special Award (not eligible for age or master division awards). The top three male and female finishers in each age division will receive an award. The top male and female master finishers (over 40) will receive a Special award (not eligible for age division trophy).

1 MILE FUN RUN: The top male and female will each receive a Special Trophy (not eligible for age division trophy). Top three males and females in each age division will receive a trophy.

*** PARTICIPATION MEDAL:** Participants ages 11 and under that do not place in their age division will receive a participation medal for the one mile fun run.

Race Headquarters

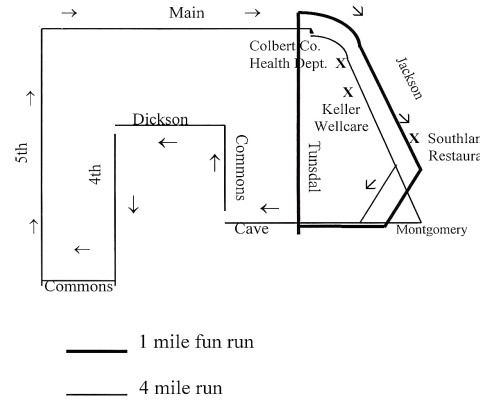
Keller Wellcare Center, 1021 11th St. SW, Sheffield, AL 35660. Showers will be available. Helen Keller Hospital will provide Ambulance service.

For More Information Contact: Candy Bratcher at 386-4747 or candy.bratcher@helenkeller.com. Return or Mail Registration form to address above.



WELLNESS RUN COURSE

Start & Finish will be at the Wellcare Center



Cystic Fibrosis Foundation

The mission of the Cystic Fibrosis Foundation, a donor-supported, nonprofit organization, is to assure the development of the means to cure and control cystic fibrosis and to improve the quality of life for those with the disease.

Cystic fibrosis is an inherited chronic disease that affects the lungs and digestive system of about 30,000 children and adults in the United States. A defective gene and its protein product cause the body to produce unusually thick, sticky mucus that clogs the lungs and leads to life-threatening lung infections; and obstructs the pancreas and stops natural enzymes from helping the body break down and absorb food.

In the 1950s, few children with cystic fibrosis lived to attend elementary school. Today, advances in research and medical treatments have further enhanced and extended life for children and adults with CF. Many people with the disease can now expect to live into their 30s, 40s and beyond.

For more info on CF visit www.cff.org.



BE A HERO HELP A CAUSE JOIN THE RUN

4 Mile Run & 1 Mile Fun Run April 20, 2019

Presented by:
Keller Wellcare Center

Proceeds Benefiting:

