

Sponsored by:



**Superhero Strides
for Breast Cancer**

Sunday, May 3, 2020

5K & 1 Mile

Fun Run

PRESENTED BY:



**Proceeds benefit Helen Keller Hospital
Breast Cancer Program:**

Participating in this fundraising event will assist Helen Keller Hospital in providing services to the patients of the Breast Cancer Program.

The Keller Breast Cancer Program helps guide women through this difficult time by providing education, local resources, and overall emotional support to our patients .

Mail entries to:

Keller Wellcare Center

Attn: Candy Bratcher

P.O. Box 610

Sheffield, AL 35660

Or Register online at:

<https://www.helenkeller.com/foundation/special-events>

**SUPERHERO STRIDES FOR
BREAST CANCER
SUNDAY, MAY 3, 2020**

Time:

2:00 p.m. - 5K Start
2:45 p.m. - 1 Mile Start

Course:

5 Kilometers Certified – A fast course through downtown Tuscumbia. Mile splits and water stations provided. Helen Keller Hospital will provide ambulance service.

Race Location and Headquarters:

Keller Wellcare Center
Helen Keller Hospital
1021 11th St. SW
Sheffield, AL 35660
(just off Jackson Highway, next to the Colbert County Health Dept.)

Showers will be available.

Entry Fee:

5K
Before April 29th - \$12.00
After April 29th - \$15.00

1 Mile Fee - \$10.00

Both Fee - \$20.00

Packet Pickup:

Race Day – 12:00 p.m.-1:30pm
Keller Wellcare Center

This will be a chip timed event.

Awards:

All entrants will receive a T-Shirt and Post- Race refreshments.

For More Information Contact:

Keller Wellcare Center
(256)386-4747 or e-mail
candy.bratcher@helenkeller.com

Age Division for the One Mile Run/Walk

Males and Females

1-9	25-29	45-49	65 & up
10-14	30-34	50-54	
15-19	35-39	55-59	
20-24	40-44	60-64	

The top three male and female finishers in each age division will receive a trophy

Age Division for the 5K Run

Males Females

1-14	40-44	1-14	35-39
15-19	45-49	15-19	40-44
20-24	50-54	20-24	45-49
25-29	55-59	25-29	50-54
30-34	60-64	30-34	55-59
35-39	65 & up		60+

5K TROPHIES: The top three males and females will each receive a special trophy (not eligible for age or master division trophy). The top three male and female finishers in each age division will receive a trophy. The top male and female master finishers (over 40) will receive a special trophy (not eligible for age division trophy).

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 Sunset 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 _____

Signature of Runner or Parent's signature if runner under 18

or register online at :

<https://www.helenkeller.com/foundation/special-events>

Name _____

Address _____

City/Zip _____ Phone _____

T-shirt size **XXL** **XL** **L** **M** **S** **Sex** **M** **F**
 YL **YM**

Age on 5/3/2020 _____ Birthdate ____/____/____

Email: _____

Pre-registration must be received by

April 29, 2020

Make Checks Payable to: Keller Wellcare Center

5K Fee by 4-29 - \$12.00

After 4-29 - \$15.00

1 Mile Fee - \$10.00

Both Fee - \$20.00

___ 5K ___ 1 Mile ___ Both