

**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: XXL XL L M S**

**Youth sizes: YL YM**

Age on 4/17/21: \_\_\_\_\_ Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_

Gender: M or F

**5K Fee before April 13 - \$12.00**  
**After April 13 - \$15.00**  
**1 Mile Fee - \$10.00**  
**Both - \$20.00**  
**\*\*11 & Under - \$5.00 off early registration only**

\_\_\_ 5K \_\_\_ 1 Mile \_\_\_ Both

# ***Heroes for the Heart***

**April 17, 2021**  
**Costumes encouraged!**

**Time:**

8:00 am - 5K Start  
9:00 am - 1 Mile Start

**Course:**

***5K Run & 1 Mile Fun Run***

A fast course with few turns, through downtown Tuscumbia, with water stations provided.

***Certified***

**Location:**

Keller Wellcare Center  
Helen Keller Hospital  
1021 11<sup>th</sup> St. SW  
Sheffield, AL 35660

**Packet Pickup & Check-in:**

Race day 7:00 - 9:00am.

**Early Packet Pick up:**

Friday 16<sup>th</sup> 4:00 - 6:00pm  
Keller Wellcare Center

**Pre-registration must be received in mail or online by April 13, 2021**

**Make Checks Payable to Keller Wellcare Center**

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

**Awards:**

*All entrants will receive a T-shirt, 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 5K 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	

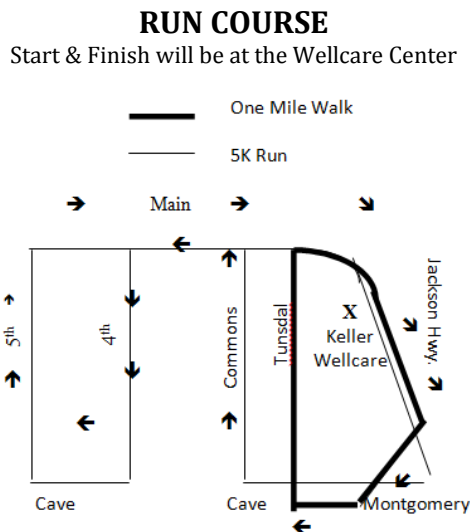
**5K AWARDS:** The top three males and females will each receive a Special Award (not eligible for age or master division awards). The top three male and female finishers in each age division will receive an award. The top male and female master finishers (over 40) will receive a Special award (not eligible 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 11<sup>th</sup> St. SW, Sheffield, AL 35660. Showers will be available. Helen Keller Hospital will provide Ambulance service. **More Info? Contact Candy Bratcher 386-4747 or [candy.bratcher@helenkeller.com](mailto:candy.bratcher@helenkeller.com).**



**Heroes  
For The Heart!**

**JOIN THE RUN**

**5k Run & 1 Mile Fun Run  
April 17, 2021**

**Presented by:  
Keller Wellcare Center**

**Proceeds Benefiting:**

**Cardiac  
Heart Monitoring  
Equipment**