

# 5K Run & Walk and Kids Fun Run

Saturday May 1, 2010

Clarke College Kehl Center

[www.openingdoorsrace.com](http://www.openingdoorsrace.com)



OPENING DOORS  
Maria House • Teresa Shelter  
Empowering Lives



Fun for the entire family!  
Complimentary food  
and drink provided.

Kids who register enjoy  
the following activities:  
bounce house, slide,  
face painting, bean bag toss  
and more!

## REGISTRATION INFORMATION

Early registration deadline is  
Friday, April 23, 2010. Registration  
is allowed the day of the event.

### WALKERS ONLY SCHEDULE

8am Registration  
8:30am ½ Mile Kids Fun Run  
9am Outdoor and Indoor Walk  
Door Prizes Awarded

### COSTS

Kids 1 and under are free.

**BEFORE** April 23

\$1.00 Children (12 and under)

\$20.00 Adults (age 13 and up)

(T-shirt included with adult registration)

**AFTER** April 23

\$2.00 Children (12 and under)

\$25.00 Adults (age 13 and up)

(T-shirt not available)

### RUNNERS ONLY

#### SCHEDULE

8am Registration  
8:30am ½ Mile Kids Fun Run  
9am 5K Race  
10am Awards

### COSTS

Kids 1 and under are free.

**BEFORE** April 23

\$5.00 Kids Fun Run (12 and under)

\$25.00 Adults (age 13 and up)

(T-shirt included with adult registration)

**AFTER** April 23

\$10.00 Kids Fun Run (12 and under)

\$35.00 Adults (age 13 and up)

(T-shirt not available)

## REGISTRATION FORM: (ONE ADULT PER FORM)

Today's Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Yes! I would like to support Opening Doors as a:  WALKER  RUNNER

**WALKERS** (only walkers need to fill this portion out)

Yes! I will be bringing \_\_\_\_\_ (number) children under age 12.

If paid before April 23, \$1 entry fee per child. After April 23, \$2 entry fee per child under age 12.

**RUNNERS** (only runners need to fill this portion out) (Please note: Parental consent required if under age 18)

**Runners Age Division:** (please circle) Prizes awarded to the top 3 runners in each division.

Female: 13-19 20-29 30-39 40-49 50-59 60+

Male: 13-19 20-29 30-39 40-49 50-59 60+

**Kids 1/2 Mile Fun Run** (For Kids 12 and under)

Name \_\_\_\_\_ Age \_\_\_\_\_

If paid before April 23, \$5 entry fee per child. After April 23, \$10 entry fee per child. T-shirt is not included.

**T-shirt included with each 5K registration paid by April 23.** (please select size)

Adult Small  Adult Medium  Adult Large  Adult XLG  Adult XXL

**To purchase additional t-shirts for \$10 complete the section below. Must be ordered and paid before April 23. Please indicate quantity.**

Youth Small  Youth Medium  Youth Large

Adult Small  Adult Medium  Adult Large  Adult XLG  Adult XXL

Registration Fee \_\_\_\_\_ + Extra T-Shirt Fee(s) \_\_\_\_\_ + Child Fee(s) \_\_\_\_\_ = Total \_\_\_\_\_

I understand that my consent to these provisions is given in consideration of the acceptance of this registration and for being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I hereby assume full responsibility for any injury or accident which may occur during my participation, or my children's participation, in this event or while on the premises of this event and I hereby release and hold harmless and covenant not to file suit against Clarke College Kehl Center, its local affiliates and any affiliated individuals, Opening Doors, its local affiliates and any affiliated individuals, or the MVRA, its local affiliates and any affiliated individuals. I give my full permission to Opening Doors, and sponsors to use any photographs, videotapes or other recordings of me that are made. I understand my children must be accompanied by an adult.

Adult Signature/ Consent \_\_\_\_\_ Date \_\_\_\_\_

Mail completed form and fees by Friday April 23, 2010 to Opening Doors, Run / Walk, 1561 Jackson St, Dubuque, IA 52001. You may email questions to [dholthaus@openingdoorsdbq.org](mailto:dholthaus@openingdoorsdbq.org) or call 563-582-7480. Additional form/team forms may be downloaded at [www.openingdoorsrace.com](http://www.openingdoorsrace.com). Registration is allowed the day of the event. See fee schedule above.