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Terry Wedmore Memorial Run, Ride, Walk or Wag
PO Box 109
Rockwell IA 50469

5K RUN, 10-MILE RIDE,
2-MILE WALK *OR WAG*



September 5, 2009
Rockwell, Iowa

I'm Saving Lives...

About the Event

This annual event was organized in the fall of 2004 to raise funds for cancer research, increase awareness of this horrible disease, and to honor and remember Terry Wedmore, a long-time resident of Rockwell, Iowa. Proceeds from the sixth annual Run, Ride, Walk or Wag will support Mercy Cancer Center, cancer research and education.

Cancer is a terrifying word. This year approximately 6,300 Iowans will die from cancer and 16,000 Iowans will be diagnosed with cancer. Research can lead to new clinical trials and treatments. Promoting healthy eating, exercise and smoking cessation may reduce the incidence of some types of cancer. Cancer is a terrifying word but research and education can offer HOPE to people fighting cancer. Thank you for offering HOPE!

WAIVER, I hereby for myself, (or if under 18 by a parent or guardian), understand and agree to absolving and hold harmless Marsha Wedmore and family, other individuals associated with coordination of this event, and all sponsors, of blame for any injury, harm, loss or inconvenience in any of the activities associated with this event. I certify that I am in good physical condition.

Signature Date

Signature of parent or guardian Date

Run, Ride, Walk or Wag Saturday, September 5, 2009

Location

Zeidler Park – Rockwell, Iowa
(East side of Rockwell on Quince Ave)

Start Times

Registration 7:45 – 8:30 a.m.
Fun Ride (10-Mile) 8:45 a.m.
Run (5K) 9:00 a.m.
Walk/Wag (2-Mile) 9:05 a.m.

Awards (following events)

- Run – Overall male and female
- Run – First, second, and third place in each age category

Age Categories: 12-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over.

Children's Fun Run - For kids under the age of 8, there will be a mini-race. All participants will receive a ribbon and shirt.

Fun Ride – Take a 10-mile ride on a route through Rockwell.

General Store - Bake sale and craft items for sale in the park with all proceeds going to the event.

Basket Raffle – Purchase raffle tickets for \$1.00 each or six for \$5.00 for a chance to win your favorite theme basket.

Registration Form

Name _____

Phone _____

Address _____

City/State/Zip _____

Female _____ Male _____

Age on Day of Race _____

Please mark event:

Fun Ride: ____ Run: ____ Walk: ____

Pre-registration is due by August 24, to ensure correct shirt size. Please

check one:

Adult: S __ M __ L __ XL __ XXL __

Youth: S __ M __ L __

FEES:

Individual \$20.00 _____

Child (11 & under) \$12.00 _____

Dog \$5.00 _____

Adult Shirt Only \$15.00 _____

Youth Shirt Only \$10.00 _____

MAKE CHECKS PAYABLE TO MERCY FOUNDATION AND MAIL TO MARSHA WEDMORE, P. O. BOX 109, ROCKWELL, IOWA 50469. WE THANK YOU FOR YOUR SUPPORT!