

U.S. Coast Guard **"Run for Veterans"** 5K & ½ mile run for children

Hosted by **Village of Hartford Fire Department**
 All proceeds benefit the St. Louis VA Medical Center - Jefferson Barracks



Hartford Park – Hartford, IL
Sunday, October 24th, 2010 *10:00 a.m.*

Registration will begin at 8:00 a.m.

Opening Ceremony: 10:00 a.m.

5K (race, walk, or run for fun) & ½ mile kids run (12-under)

Entry Fee: Early registration (before Oct 18) - **\$20** Kids (12-under) - **\$15**
 (Race Day) - **\$30** Kids (12-under) - **\$25**

***If you can't participate in the run, but still would like to make a Charitable
 Donation for to the Veterans Hospital, please fill in & mail form below
 - We appreciate your Donation!**

Mail: Register early to avoid late fee; (No mail in after Oct 18)

Checks payable to: Village of Hartford Fire Dept/Coast Guard Run

Mail to: Fire Chief David Owens; 507 North Delmar, Hartford, IL 62048

*Registration forms available at www.uscg.mil/d8/sectUMR/ -click on **HOT TOPICS** then **CG RUN**

For more information call: LT Chuck Mellor (U.S. Coast Guard) 618-580-2998,

Russ Colona (Alton Road Runners Club) 618-972-8635, or

David Owens (Village of Hartford Fire Chief) 618-223-9422

Age Divisions: Male & Female, 12 under, 13-19, 20-29, 30-39, 40-49, 50-up

Awards: Top Male & Female runners overall & top three Male & Female in each age division

Post race refreshments will be provided. **U.S. Coast Guard Response Boat, Fire Truck, & more** will be on display for family enjoyment. **"Long sleeve Dry-Fit shirts for adults & long sleeve 100% cotton for kids"** –first come first served.

 Last Name _____ First Name _____

Address _____ City _____ State _____

Zip _____ Phone _____ age as of raceday _____ Male/Female _____

Charitable Donation only _____

Waiver-I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including, but not limited to: Falls, contact with other participants, the effects of the weather, including high heat and /or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the U. S. Coast Guard, Village of Hartford, Alton Road Runners Club, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the persons named in the waiver. Absolutely no dogs, roller skates, or headsets. Signature required below. Under 18 requires parent/guardian signature.

SIGNATURE _____