

Medals given for the top 3 finishers in the following categories:

Women

5 K

- 15 & under
- 16-29
- 30-39
- 40-49
- 50-59
- 60 & over

2 mile

- 15 & under
- 16-29
- 30-39
- 40-49
- 50-59
- 60 & over

Men

5K

- 15 & under
- 16-29
- 30-39
- 40-49
- 50-59
- 60 & over

2 mile

- 15 & under
- 16-29
- 30-39
- 40-49
- 50-59
- 60 & over

Hancock County Public Health Services

2nd Annual

5k and 2 mile Run-Walk Event



Hancock County Public Health Services
545 State Street
Garner IA 50438

You can download and print
additional entry forms at
www.hancockpublichealth.org

Promoting Health, Enhancing Lives

Saturday July 31, 2010 Hancock County Fairgrounds Britt Iowa

***Both Races Start at 7:30 a.m. Sharp!**
To pick up packets & same day registrants should arrive at 6:30 a.m.

***Race begins & finishes at the main entrance of the Hancock County Fairgrounds**
Located on 7th Ave SE just outside of Britt

***Registration Fee is \$12.00 if pre-registered by July 1, 2010**

Fee is \$15.00 the day of the race

***Awards**
T-shirts will be given to the first 50 registrants.

Medals will be given to the first 3 finishers in each division for both male and female.

Award ceremony and refreshments following the race at the shelter house on the fairgrounds.

What is Public Health??

Iowans can reasonably expect the following basic services from any public health agency in Iowa

- Prevention of Epidemics & the Spread of Disease
- Protection Against Environmental Hazards
- Preventing Injuries
- Promoting Healthy Behaviors
- Preparing for, Responding to & Recovering from Public Health Emergencies
- Strengthening the Public Health Infrastructure

To Pre-register by July 1, 2010:
Send this entry form and \$12.00 to:
**Hancock County Public Health Services
Run Walk Event
545 State Street
Garnier IA 50435**

If you live locally and would like to pick up your packet before the race you may do so at the above address between July 13-July 24

Everyone can become a public health champion and join the cause. No matter how small the change, it brings us one step closer to building a community of individuals committed to building a healthier nation

- Wearing a seatbelt.
- Quit smoking or using tobacco products.
- Get you and your children vaccinated.
- Become more physically active.
- Have your home tested for radon & lead.
- Cover your cough or sneeze, remember to wash your hands.
- Have regular dental screenings.
- Recycle.
- Have a yearly exam or physical.

If every one of us commits to promoting good health in our communities, we can create a ripple effect from coast to coast. Let legislators know what programs will help you become a health champion. They recognize the importance of public health in preventing disease and promoting good health. Public health is a part of our everyday lives, from the water we drink and air we breathe, to the laws that protect us from injury and vaccines that help us stay healthy.

Join with us in Hancock County to become a healthy champion. You can start small with choosing fruits and vegetable for your snack or think big by creating a clean and safe park in your neighborhood. Together, we can all be healthy, prevent disease and injury, and make sure our children live longer and healthier lives. A healthier America begins with you!

2010 ENTRY FORM

PLEASE PRINT

Name (last, first)

Mailing Address

City

Telephone () -

Event: 5K 2 mile

T-Shirt size (circle one) S M L XL

Age on Race Day Sex (circle one) M or F

I have entered a run/walk event hosted by Hancock County Public Health Services. My entry fee is consideration for being able to participate in this event and is nonrefundable. HCPHS may use images of me participating in this event in its promotional materials, a use that I consent to without need for compensation. I do not know of any physical or medical condition or limitation that causes me concern over participating in this event or would make it likely that injury, illness or death could occur. I release HCPHS and Hancock County, Iowa, as well as its officers, employees, agents and designees from any liability arising to me, my heirs, legatees, assigns, representatives or agents, from damage, injury, illness or death suffered during, or because of, my participation in this event.

Signature of Parent if under 18

Date