

Heart&Sole 5k Pledge Form

Help me raise money for the kids!



I am participating in a fund-raising project to benefit Children's Hospital of Wisconsin. One hundred percent of your gift or pledge enables Children's Hospital to purchase new equipment, conduct research, provide training for staff and health education for parents and children. Each year more than 200,000 visits are made to Children's Hospital. The hospital serves children and families from all parts of Wisconsin, northern Illinois, Michigan's Upper Peninsula and beyond. **Please pledge your support today.**

Participant _____

Name	Phone	Pledge	Total Collected
My personal pledge			
Total Pledges Collected:			

Checks should be made payable to: Heart&Sole5K. All pledges are to be collected by the participant prior to race day.

Special Thank You to our sponsors:

BankFirst
NATIONAL
For Better Banking, Think First.
Scott's Stuff, Inc.
Spancrete, Inc.
Christel's Piggly Wiggly

- Valders Lions Club
- Whitelaw Lions Club
- Rural Mutual Insurance Co.
- Sunset Tours, LLC
- Associated Bank Valders Office
- Fresh Cut Lawn Care
- Rehab Plus Therapy & Sports Medicine
- Valders Dental Associates
- Time Out Sports Bar & Grill

- Sam's Fine Food & Spirits
- Valders Veterinary Clinic
- Valders High School Student Council
- Valders Middle School Student Council
- Valders Athletic Association
- Whitelaw Sausage Co.



5K Road Race and Family Walk

Saturday, July 11, 2009
Valders, WI

To benefit:
Children's Hospital of Wisconsin
A member of Children's Hospital and Health System.

Heart & Sole 5K Entry Form

Saturday, July 11, 2009 9 a.m.

Last Name

First Name

Address (include apt. # if required)

City State Zip

Telephone Birth Date

Age _____ Sex: Male Female

5K Run / 5K Walk

Shirt Sizes: S M L XL XXL

Entry fee: \$20 (\$25 if late)

Entry fee waived with a minimum \$20 in pledges collected at early registration or \$25 in pledges collected at late registration.

*Separate entry forms required for each family and/or team member. Photocopy this page for additional entry forms and submit in one mailing.

Waiver:

I know that running in a 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 a decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity, traffic and 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 Village of Valders, Valders High School, Heart & Sole 5k, race officials, all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of participation by me or any of my minor children in this event. I grant permission of all the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I certify I am an amateur and eligible to compete in this event in accordance with TAC AAF rules.

 Runner's Signature Date

 Parent's Signature (if under 18)

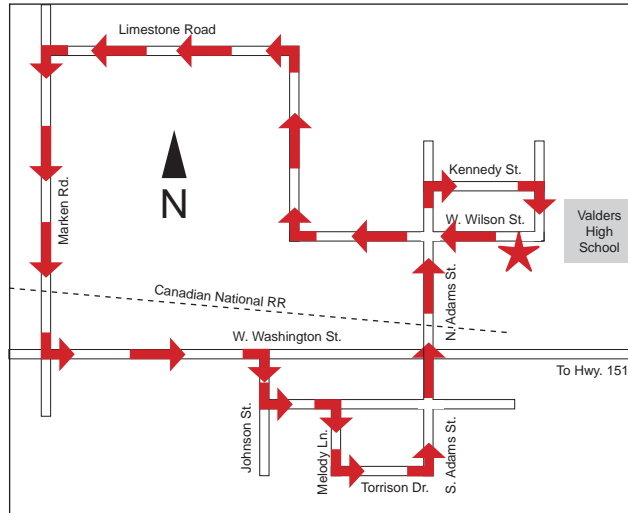
Make checks payable to: Heart&Sole5K
 All proceeds benefit Children's Hospital of Wisconsin.

Heart & Sole 5K Race Details



Course:

Race starts at 9 a.m. with pre-race staging at Valders High School This 5 km course is USATF certified and starts on West Wilson Street near the high school



Divisions:

Individual Categories

Overall M&F	25-29	45-49	65-69
14 and under	30-34	50-54	70 and over
	15-19	35-39	55-59
	20-24	40-44	60-64

Registration:

Pre-registrants must submit application and entry form postmarked by Friday, July 3, 2009 to:

Heart&Sole 5K
231 Willow St., Whitelaw, WI 54247

Or register online at www.heartandsole5k.org
 Late registration is at 8 a.m. on Saturday, July 11, at the Heart & Sole tent. Make checks payable to: Heart & Sole 5K. Payment must be included with entry form. Entry fee is non-refundable.

Please patronize our loyal sponsors.

Facilities:

First aid provided by Holy Family Memorial Rehab Plus.

Timing:

ChampionChip® timing provided by Sports Management Associates, Inc.

Aid Stations:

Water available at half-way point and finish.

Awards Ceremony:

Three deep in each age group and overall M & F. Awards ceremony to be held near finish line following the race.

Further information:

See www.heartandsole5k.org

