

4th Annual

Healthy Family Fun Run-Walk

Saturday, May 8

Free half-mile run/walk for kids at 9:30 am | 5k race begins at 10 am



Promoting Healthy Families!

Children in
strollers
and dogs
are welcome!

- Win great prizes
- Fun for all ages
- Every fitness level welcome
- Fruit & water provided

The event begins and ends at Mile Bluff - Delton Family Medical Center, located across the parking lot from the Lake Delton Wal-Mart.

Fill out the entry form below and mail it to the address indicated, or call 608-254-5888.

Visit www.milebluff.com for additional forms.

\$10 entry fee before May 1st includes t-shirt
\$15 fee May 1st to 8th (shirts as available)



2010 Healthy Family Fun Run/Walk Entry Form

Name: _____ Age: _____ Gender: _____

Address: _____ City/State/Zip: _____

T-shirt size (5k participants only): S M L XL (Circle one) Phone: _____

I assume (parent or guardian for participants under age 18) all risk associated with participation of running or walking in this event I hereby hold harmless the race officials, Mile Bluff - Delton Family Medical Center and Mile Bluff Medical Center from liability incurred to me while participating in the 5k run/walk. I also grant permission for Mile Bluff to use my pictures or videotape for any purpose. I have read the above waiver and certify my agreement by signature.

Signature: _____ Date: _____

Mail completed form to Mile Bluff - Delton Family Medical Center | 28 Commerce Street, | Wisconsin Dells, WI 53965