

# 11<sup>th</sup> Annual

Bishop Hayes Catholic School



**What:** 5K Run/Walk/Jog

**When:** Saturday, April 17<sup>th</sup>, 2010

**Where:** Bishop Hayes Catholic School, 2407 Cedar St.  
Muscatine, IA (parking next door at MHS)

**Time:** 9:00am

**Fee:** Pre-registration \$20, non-refundable

**Late Fee:** Day of Run 7:30-8:30, \$25

**Packet Pick-up:** Bishop Hayes Catholic School  
Friday, April 16<sup>th</sup>, 5-7pm  
Saturday, April 17, 7:30-8:30 am

## RACE #1 IN MUSCATINE GRAND PRIX CIRCUIT

### REGISTRATION

**Make checks payable to Hayes Hustle.**

Send entry form and fee to:

**Hayes Hustle**

Bishop Hayes Catholic School  
2407 Cedar St  
Muscatine, IA 52761

Or @ <http://www.Getmeregistered.com>

### DIVISIONS

**Individual Male/Female:** 14 and under, 15-19,  
20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54,  
55-59, 60-64, 65-69, 70 and over.

### GROUP WELLNESS PROGRAM

Groups of 10 or more participants (friends & co-workers) can register together and have race packets delivered to them. A trophy will be presented to the group with the most participants. Enter group's name on application form

### AWARDS

Trophies to overall individual male/female winners of 5K run. Awards to top 3 in each age group.

### QUESTIONS? Contact

Stacey Eberhard 563-299-5199

Email: [tomandstacey@machlink.com](mailto:tomandstacey@machlink.com)

### Sponsors



**MUSCATINE  
PHYSICAL  
THERAPY  
SERVICES**

**Co-owners:**

**Paul Kraushaar & Steve Wieskamp**



**Salvatore's  
Muscatine Medical Center  
Family Eye and Contact Lens Center  
State Farm Insurance  
Real Estate Resource Associates  
Communications and Catholics  
Credit Union  
Unity Pediatrics Department  
Dr. John Sleichter  
Vision Center P.C.**

### Kids Hustle

Friday April 16<sup>th</sup> 5:30 PM  
Muscatine High School Track

### Divisions

Boys/Girls  
4 & under 100yds  
5-6 400m 7-9 800m 10-11 1600m

### Registration

Pre Reg-\$13.00  
Race Day \$16.00  
T-shirt to all pre-registered participants

### Awards

All kids receive an award. Prizes to top three finishers in each division

### Grade School Challenge

Grade school with the most participants will receive an award. Be sure to enter your school's name on entry form.

**Kids Hustle** participants are welcome to participate in the 5K with an adult at no additional charge

### Spaghetti Supper

Friday April 16<sup>th</sup> 5-7 PM

Name (please print) \_\_\_\_\_ Phone # \_\_\_\_\_ Age as of 4-16-10 \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

5K (\$20) \_\_\_\_\_ Kids Hustle (\$13) \_\_\_\_\_ Shirt Only \_\_\_\_\_ (\$10) Circle Shirt Size: YS YM YL AS AM AL AXL XXL (\$2 extra)

WELLNESS GROUP: \_\_\_\_\_  
(group name) (contact person) (phone #)

GRADE SCHOOL: \_\_\_\_\_

Additional tax deductible donation (optional) to Bishop Hayes Catholic School \_\_\_\_\_

**We will make every effort to honor your request, but Shirt size cannot be guaranteed. Please register early.**

I know that participating in a road race is a potentially hazardous activity. I should not enter and compete 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 event. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effect of the weather, 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 Hayes Hustle committee, Bishop Hayes Catholic School, and the City of Muscatine, and all participating sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**(Parent or Guardian Signature for participants under age 18)**

**No roller blades or scooters, PLEASE!**

**Dogs Welcome-Please Line Up in Rear**

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