



Saturday,
September 24, 2011

5K, Kids Fun Run &
Wellness Expo

Cash prizes for Overall Male & Female, Overall Male & Female from Maryville and Overall Male and Female Masters (40 and over).

5K Race Time: 9:00 a.m.

Kids 1-Mile Fun Run: Starts at 9:30 a.m.

Location: First Baptist Church of Maryville

Brought to you by: Southern Illinois Chiropractic Center, The Maryville Community Improvement Board & Run Well Coaching

For more information, find us on Facebook or visit www.SpineSmart.com under "Office Events"



RACE INFO: Race starts and ends at First Baptist Church, Hwy. 162, Maryville, IL at 9:00 a.m. Course is flat and fast, traveling on the beautiful MCT bike trails and surrounding roads.



RACE FEES:

Early registration: \$20 (postmarked by 9/9/11).

Late registration & on race day: \$25

NOTE: Late registrants are not guaranteed a race shirt.

Kids 1 Mile Fun Run: \$10

(Participant ribbons & Prizes given to all finishers!)



PACKET PICK-UP: Available at Southern Illinois Chiropractic Center (4949 Autumn Oaks Drive, Suite A in Maryville) on Friday, September 23rd from 9 a.m. – 12 p.m. and 2 p.m. – 6 p.m. Also available on race day at the registration tent beginning at 8 a.m.



Register online at www.active.com

-OR-

Mail Entry Forms To:

Southern Illinois Chiropractic Center
Attn: Healthy Hustle 5K
4949 Autumn Oaks Dr, Suite A
Maryville, IL 62062

**Make checks payable to
Healthy Community Day**



Age Categories: 19-U, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. Cash prizes given to Overall Male & Female, Overall Male & Female from Maryville & Overall Male & Female Masters (40+).



For more information contact
Jenifer Schaller, Race Director
Phone: (618) 791-5597

Email: runwellcoaching@yahoo.com

First 5K? Train with the best! Contact
reclinertorunner@yahoo.com for info.

Name: _____

Address: _____

City/State/Zip: _____

Email: _____

Male Female Age in Race Day: _____

Phone No.:() _____

T-Shirt Size: _____

Waiver of Liability: In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all claims for damages, actions and cases against Southern Illinois Chiropractic Center, First Baptist Church of Maryville, The Village of Maryville, Run Well, Race Directors, and all sponsors, and any individual or group associated with this event from all claims and liabilities resulting in my participation. I attest and verify that I am physically fit and have sufficiently trained for this event. I assume all risks in the event including, but not limited to falls, contact with other participants, effects of the weather, road conditions, all such risks being known and appreciated by me. Further, I hereby grant permission for the free use of my name and/or any photographs, videotapes, motion pictures, recordings, or any other record of this event for any legitimate purpose. (Participants under 18 must have parental signature.)

Signature: _____

Date: _____