

Big Blue Run



BURGESS
Health Center

BIG BLUE RUN

1.5 MILE FUN WALK

5K WALK/RUN

10K RUN

MAY 10, 2008 @ 9:00 AM

LEWIS & CLARK STATE PARK

ONAWA, IA



BURGESS
Health Center

1600 Diamond ST
Onawa, IA 51040



Packet Pick-up & Registration.
Early Registration is highly encouraged!

Packet pick-up and registration will be available at Burgess Health Center lobby Friday, May 9th from 5 p.m. until 8 p.m.

Race day registration will begin at 7 a.m. and close PROMPTLY at 8 a.m.

Race day packet pick-up will begin at 7 a.m. and end at 8:30 a.m.

Race Start

Both races will start at 9 a.m. near the Lewis & Clark State Park Shelter House, Onawa, IA. There will be a 5k walk/run and a 10k run. There will also be a 1.5 mile fun walk.

Course

The 1.5M, 5K, and 1st half of the 10K will follow the flat, paved lake road and weather permitting, use of the beautiful trails will finish up the 10K race. Each mile will be marked and water will be available on the course. Traffic control will be provided.

Entry Fees

If you are a Burgess Health Center employee, Burgess Advantage & current Missouri River Runners you are entitled to a \$2.00 discount

through April 30th only.

\$12.00 5K \$15.00 10K

AFTER APRIL 30TH & RACE DAY:

\$15.00 5K \$20.00 10K

Make check payable to :

BHC Big Blue Run

Be prepared for inclement weather—there will be no make-up date or refund of race fee.

Awards

Overall 10K and 5K male and female winners will receive a \$50 gift certificate to Peak Performance.

Runners pre-registered by April 30th, 2008 will receive a specially designed t-shirt.

(Late registrants are not guaranteed a t-shirt.)

Contact Information:

Deb Hicks

Email: dhicks@burgesshc.org

Phone: (712) 423-9336

Big Blue Run 2008 Entry Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

E-mail: _____

Birth Date: _____

Age on Race Day: _____

Male Female

T-shirt size:

S M L XL XXL

(Add \$2 for XXL)

Entry Fees:

Through April 30th

\$12 (5k) \$15 (10k)

After April 30th & Race Day

\$15 (5k) \$20 (10k)

Make check payable to:

BHC Big Blue Run

1600 Diamond St.

Onawa, IA 51040

In consideration of the acceptance of my entry, I for myself, my executors and assignees, do release and discharge all sponsors and Burgess Health Center from all claims of damages, actions and causes of action, whatsoever, in any manner arising or growing out of my participation in said athletic event. I hereby attest that I am physically fit and able to participate in the Big Blue Run 5K & 10K

Signature

Parent or guardian signature required if under 18.