


10th Annual Doctors Dash

July 25, 2009 Corning, Iowa

Doctors Dash
Proceeds to Support
Community Wellness
Summer Kids Camp:
Youth Attend Summer
Sessions FREE!
Great Wellness
Program for Youth!

5K & 10K Runs, 5K & 1 Mile Walks & Family/Youth 1 Mile Walks

Sponsored by:

- Maen Haddadin, MD • Bethel Kopp, MD • Stephen Gruba, MD
- Michael DelCore, MD • Thomas McGinn, MD • Norman Ferrer, MD of Metro Ob/GYN
- David Ahnen, MD • John Thomsen, OD of Family Vision Center
- Anna Leonard, DC, of Corning Family Chiropractic • Maria Fuller, DDS of Fuller Family Dental
- Thomas Atteberry, MD of 

REGISTRATIONS & EVENTS BEGIN AT Central Park: Benton & 8th (Turn west on 6th Street by Casey's Store, go west to Benton take right & go north, park is across from Courthouse.)

Time: 6:30 - 7:00 a.m. Check-in & Race Day Registration

7:30 a.m. 5K/10K Runs & 5K Walk Begin

7:35 a.m. 1 Mile Walk Begins

7:40 a.m. 1 Mile Family/Youth Walk

*Post Race Refreshments Provided by
Corning HyVee
& Iowa National Guard*

Entry Fee: \$10.00 by 7/17 _____ \$15.00 After 7/17 or on race day

Course: City Streets & County Highway (Hills included), 10K course includes running around small, beautiful lake. Past runners think this is a really great course.

Divisions: (excluding family walk) Male & Female Divisions for each event

Age Divisions: 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over

Youth Walk Participants- one division & only ribbons given out.

T-shirts: Early Registrants guaranteed T-shirts

Awards:

- Medals 1-2-3 in each age division/event • Trophy to Top Female & Male • Ribbons for Youth Walkers

Family Walk

Family Walk: One mile route; no medals given; t-shirts while they last (guaranteed to pre-registered). Family consists of parent(s) or grandparent(s) walking with their children/grandchildren ages 14 and under

*Family Fee: \$25.00 per family by 7/17
or \$30 after 7/17*

1-mile Youth-Walk: If your child would like to participate while you are running or walking, there will be supervised walking for youth ages 4-12. A non-competitive event with ribbons given.

10th Year Special Awards:

1. To family with most participants in 2009 Doctors Dash
2. Oldest Participant in Competitive Event
3. Youngest Participant in Competitive event

There is an ARTS & CARS Festival in Corning on July 25!
Contact Chamber of Commerce, 641-322-3243 for more
information about the day! Or www.adamscountyiowa.com

For Registration or Questions regarding
Doctors Dash: Contact Marilea Mullen at
641-322-6276 or marilea.mullen@alegent.org

Make Payment to Mercy Health Care Foundation.

Mail Completed Form & Payment to: Mercy Health Care Foundation, 603 Rosary Drive, Corning IA 50841

Entry Form, PLEASE PRINT!!

Sign release form below too!

Name _____

Address _____

City, State Zip _____

Email _____

Phone No. _____

AGE _____ Sex: M F

Individual Events: (Circle One)

10K 5K 5K walk 1 Mile Walk

or 1 Mile Youth-Walk (Supervised)

Adult T-shirt size: S M L XL

Youth T-shirt Size: S M L

Individual Entry Fee: \$10.00 before July 17

\$15.00 after 7/17 or on race day

Family Walk: please include names of participants/Age/t-shirt size

Family Walk Fee: Early fee is \$25 or \$30 after 7/17/2009

Alegent Health Mercy Hospital, Corning, Iowa Community Wellness Program, Release Form

Name _____ Activity: 7/25/2009 5K 10K Run, 5K or 1-mile walk, or Youth-walk or family walk

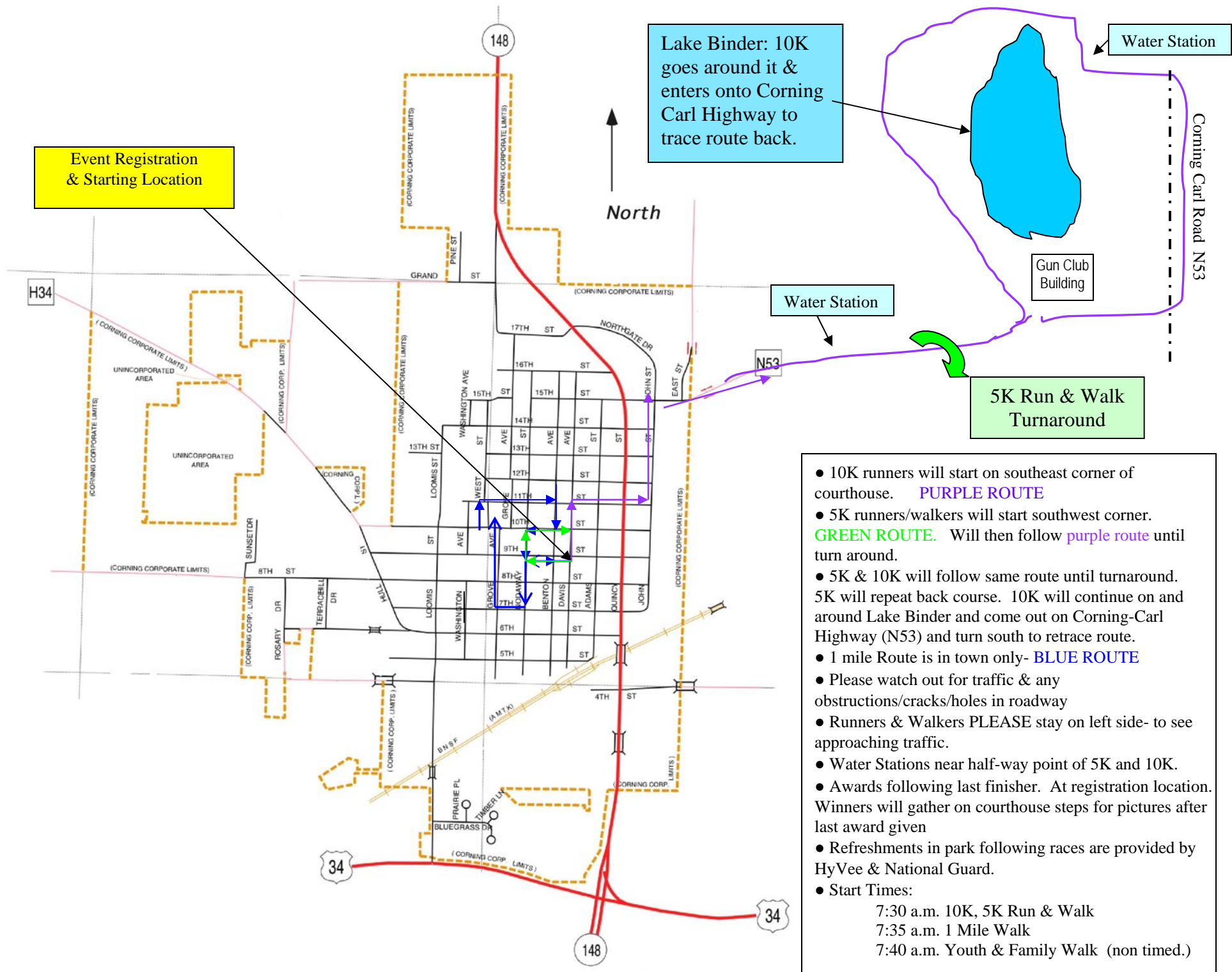
As a participant in an **Alegent Health Mercy Hospital Corning, Iowa (Facility)** sponsored activity, I hereby, for myself, my heirs, executors and administrators, fully waive and release all rights and claims that I may have against Alegent Health; its subsidiaries, directors and officers, **the Facility**; the organizers, supervisors and other participants of said activity for any and all injuries (personal or bodily) or property damage sustained while participating in, preparing for or competing in, or as a spectator, of any activity or sports program sponsored by the **Facility**, its agents or representatives. Further, I specifically acknowledge that my participation in all **Facility** activities is elective and voluntary.

Signature: _____ Date _____ Witness: _____ Date: _____

To be completed if participant is less than 19 years old:

I/We, the parent(s)/guardian(s), of the above participant, hereby give my/our approval to his or her participation in any and all **Facility**-sponsored activities. I/We assume all risks and hazards incidental to such participation including, but not limited to, transportation to and from the activities; and I/We do hereby waive, absolve, indemnify and agree to hold harmless Alegent Health, its subsidiaries, **the Facility**, the organizers, sponsors, supervisors, participants and any other agents or representatives from any claim arising out of an injury to my/our child. I/We understand that coaches, managers, umpires, referees, their assistants, or anyone who prepares any playing field shall not be liable for the injury or death of any participant in all Facility activities which results from the negligence of any of the above-listed individuals.

Parent/Guardian Signature: _____ Date: _____



- 10K runners will start on southeast corner of courthouse. **PURPLE ROUTE**
- 5K runners/walkers will start southwest corner. **GREEN ROUTE**. Will then follow purple route until turn around.
- 5K & 10K will follow same route until turnaround. 5K will repeat back course. 10K will continue on and around Lake Binder and come out on Corning-Carl Highway (N53) and turn south to retrace route.
- 1 mile Route is in town only- **BLUE ROUTE**
- Please watch out for traffic & any obstructions/cracks/holes in roadway
- Runners & Walkers PLEASE stay on left side- to see approaching traffic.
- Water Stations near half-way point of 5K and 10K.
- Awards following last finisher. At registration location. Winners will gather on courthouse steps for pictures after last award given
- Refreshments in park following races are provided by HyVee & National Guard.
- Start Times:
 - 7:30 a.m. 10K, 5K Run & Walk
 - 7:35 a.m. 1 Mile Walk
 - 7:40 a.m. Youth & Family Walk (non timed.)