

WAIVER:

Please sign and return with your registration and payment

I KNOW THAT RUNNING A ROAD RACE is a potentially hazardous activity. I should not enter and run 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 run. I assume all risks associated with running in this event including, but not limited: to falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the condition of the road, and such risks being known and appreciated by me. Having read this waiver and knowing the facts and in consideration of your accepting my entry, I, for myself and anyone acting on my behalf, waive and release Fetcho Family Chiropractic, Bloomfield Main Street and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.



SIGNED _____

UNDER 18/LEGAL GUARDIAN SIGNATURE _____

DATE _____

REMOVE AND SUBMIT THIS REGISTRATION PANEL

**Various Prizes And Giveaways
Will Be Awarded To 5K and 5 Mile
Road Race Participants Following
The Run/Walk!**



**Proceeds From This Year's Event
Will Go Towards
Bloomfield City Parks Projects.**



**There Will Be Water Stops
Along The Way And Food And Drinks
At The End Of The Race.**



**For Registration Brochure
And Course Map Visit:
www.fetchofamilychiropractic.com**



**For More Information:
Katie Fetcho | 641-208-9612**



RACE SPONSORS



BACK TO BASICS

**5K & 5 MILE RUN/WALK
1 MILE YOUTH RUN
Saturday, September 18, 2010**




BLOOMFIELD, IOWA



BACK TO BASICS

THE PURPOSE OF this event is to get people of all ages and all levels of health to join in. We are encouraging

everyone to enjoy a run/walk through Bloomfield. We all need to get "Back to Basics" of health and take time for *Ourselves*. Together, we will begin to build a healthier community...one race at a time! 

HOSTED BY



ENTRY FEES:

5K and 5 Mile Participants

\$15 Registration BEFORE Sept. 1, 2010
(Includes Race T-shirt)

\$25 Registration AFTER Sept. 1, 2010
(Includes Race T-shirt)

1 Mile Youth Run

\$5 Entry Fee (Medals Awarded To All)
(DOES NOT Includes Race T-shirt)

\$10 Entry Fee If Youth Wants T-shirt
(Medals Awarded To All)

SCHEDULE OF EVENTS

PACKET PICKUP

Friday, September 17, 2010
8:00 AM - 4:00 PM
Bloomfield Main Street Offices
(101 East Franklin Street)

RACE DAY INFORMATION:

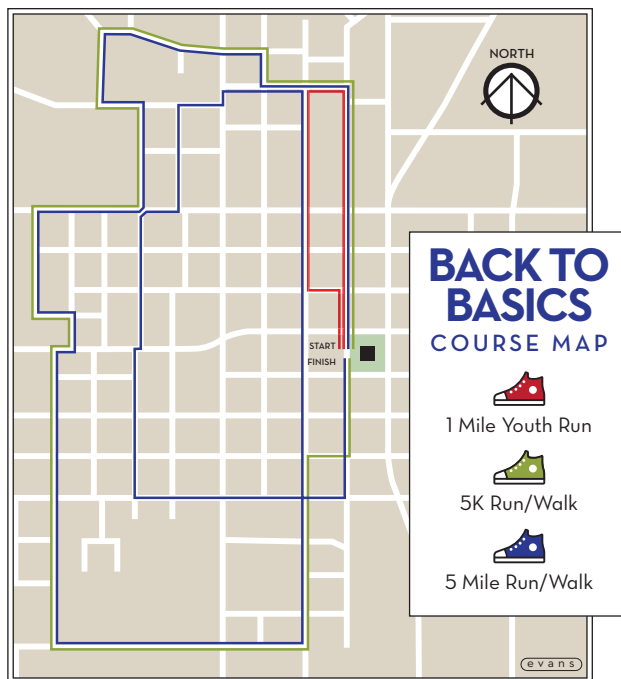
Saturday, September 18, 2010

7:15 AM Registration on Bloomfield Square (For those that weren't able to pick up their packets on Friday or for those who have not yet registered for the walk/run/youth.)

8:00 AM - Youth Run One mile run begins on the west side of the Davis County Courthouse and goes north on Madison Street, left on Goode, and south on Columbia Street, finishing on the square. All ages are welcome!

8:30 AM - 5K and 5 Mile Walk/Run Begins and ends on the west side of the Davis County Courthouse. We have arranged to have the youth go first at 8:00 AM, so the 5K and 5 Milers will be able to cheer them on. Likewise, the youth will be able to watch the 5K and 5 Milers begin their journey at 8:30 AM!

Parking Available On And Around The Square.



REGISTRATION:

Please fill out and return with your waiver and payment.



NAME _____

PHONE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL _____ MALE FEMALE

AGE _____ GENDER _____

Please Indicate:

- 5 Mile Run
- 5K Run
- 1 Mile Youth (Want T-Shirt?) YES NO

T-Shirt Size (Please Circle Desired T-Shirt Size)

Youth: Sm Med Lrg

Adult: Sm Med Lrg XL 2XL 3XL

(T-Shirts will be distributed to all participants in their Race Packets. All registrations turned in AFTER Sept. 1, 2010, will get their shirts a week after the race.)



Make Checks Payable To:

Back to Basics c/o City Parks



You may mail or drop off your completed form with payment to: Fetcho Family Chiropractic
105 East Franklin Street
Bloomfield, IA 52537

REMOVE AND SUBMIT THIS REGISTRATION PANEL