



## SILVERTON HEALTH FUN RUN

Silverton Health  
342 Fairview Street  
Silverton, Oregon 97381



### Thank You Sponsors

This event would not be possible without your kind donations.

Ulven Companies  
Valley Credit Union  
West Coast Bank  
Family Medical Group  
Fancy Stitches  
Our Town  
Cascade Cardiology  
Silver Falls Coffee

### Thank You To Our Volunteers

Silverton Hospital Volunteers  
City of Silverton  
Silverton Police Department  
Silverton Health Nutritional Services & Staff  
Silverton Health Wellspring Fitness  
Silverton High Health Occupation Students

### For More Information

Judy 503.873.1789 or Kay 503.873.1786

SATURDAY, MAY 12, 2012

 Silverton Health

# 2012 FUN RUN

## START TIMES

<b>Complimentary Snack</b>	7:30 – 10:00 am
<b>Children's Warm Up</b> By Wellspring Fitness Takes place at start line	7:50 am
<b>Children's One Mile Run</b> Age 10 and under	8:00 am
<b>Warm Up Exercises</b> by Wellspring Fitness	8:30 am
<b>5K Run/Walk (3.1 miles)</b>	8:45 am

Start and finish for both races located in front of Silverton Hospital Family Birth Center. All participants must wear an official race number on the front of their t-shirts.

### Children Under 10

If your child wishes to run both races, please have them wear their bib **only** for the race in which they wish to be timed.

### Shirts and Bibs

Will be available at "will call" on the day of the race or can be picked up prior to the race at Community Services.

## REGISTRATION

### Online Registration

silvertonhealth.org/funrun  
racenorthwest.com

### In-Person Registration

**Silverton Hospital Community Services Center**  
319 Fairview Street, Silverton  
Monday - Friday 7:30am–5pm

### Mail-in Registration

Please detach the registration form and mail the completed form along with your check or money order payable to:

### Silverton Health

Attn: Fun Run  
342 Fairview Street  
Silverton, Oregon 97381

Additional registration forms can be found at:

- silvertonhealth.org/funrun
- Wellspring Source, 1475 Mt. Hood Avenue, Woodburn
- Mt. Angel Family Medicine, 250 Marquam Street, Mt. Angel
- Silverton Hospital Lobby, 342 Fairview, Silverton

**Please Note:** Mail-in registration must be received by Wednesday, May 9, 2012. Your "will call" Fun Run packet will be available at the Community Services Center prior to race day or at the registration tent on race day.

### Day of Race Registration

Under the white tent, 6:45–7:45 am

## REGISTRATION FEES

### Pre-Registration

Including T-shirt	\$15
Without T-shirt	\$10
<b>Family Discount</b> In-person registration only. Immediate family with over four participants. Includes shirt.	\$10/each additional family member

### Day of Race Registration

Including T-shirt	\$20
Without T-shirt	\$15

## AWARDS & MEDALS

FIRST OVERALL	ONE MILE RUN	5k RUN
Male & Female	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Place	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Place

**Note:** one will be awarded from each age category.

## AGE CATEGORIES

10 years and under	40 to 49 years
11 to 14 years	50 to 59 years
15 to 19 years	60 to 69 years
20 to 29 years	70 years and over
30 to 39 years	

## SILVERTON HEALTH'S 29<sup>TH</sup> ANNUAL FUN RUN REGISTRATION

FIRST/LAST NAME		SEX		AGE BY MAY 12, 2012		DIVISION	
		<input type="checkbox"/> Male <input type="checkbox"/> Female				<input type="checkbox"/> 5K Run/Walk <input type="checkbox"/> One Mile (10 Yrs. & Younger)	
STREET ADDRESS		CITY		STATE		ZIP	
PHONE		EMAIL ADDRESS					
( ) -							
PRE-REGISTRATION		SHIRT SIZE		BIB NUMBER			
<input type="checkbox"/> \$15, Includes Shirt <input type="checkbox"/> \$10, Without Shirt		Youth Adult		<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> OS <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL			
SIGNATURE		DATE		SIGNATURE OF PARENT/GUARDIAN IF PARTICIPANT IS UNDER 18			

**RELEASE** In consideration of the acceptance of my entry, I, for myself, my family and executors, do hereby release Silverton Health, its medical staff, the City of Silverton and all other contributors or sponsors from claims or causes of action arising from my participation in the Silverton Health 5K Run/Walk or One Mile Children's Run. I attest that I have full knowledge of the risks and am physically fit to participate. **NOTE:** All participants must sign a waiver on the registration form. Parent or guardian must sign a waiver for children under 18.