

Be Part Of The 10th Annual RUNNIN' THE SHORES

5/10K Run and 5K Walk

Saturday, August 24, 2019

Champagne Shores

Kokomo, IN

Pre-register by August 9 and
save \$5!

Special thank you to Champagne Shores
residents and Martin Marietta Co. for the
use of their properties for this event!



Proceeds from the event will be
used to support the Cancer Center
at St. Vincent Kokomo and other
healthcare services

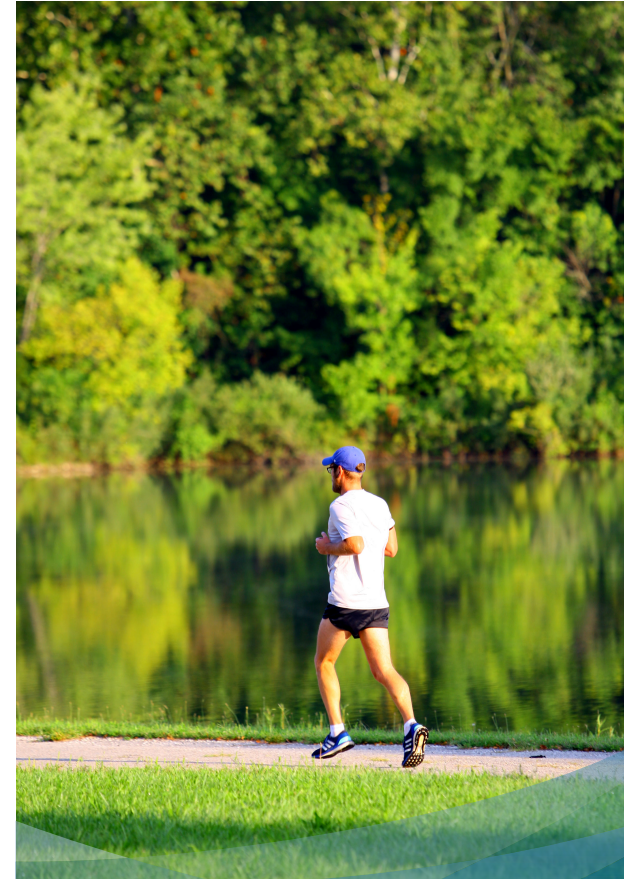
Thank you to our
CHAMPION SPONSOR -



Indiana Heartland
FEDERAL CREDIT UNION

No refunds in the event the race must be
canceled due to weather.

10th Annual RUNNIN' THE SHORES August 24, 2019



ST. VINCENT KOKOMO

A scenic 5K (3.1 mi.) and
10K (6.2 mi.) trail run and
5K walk for our Cancer
Center and to improve the
health of our community.

 St. Vincent

 ASCENSION

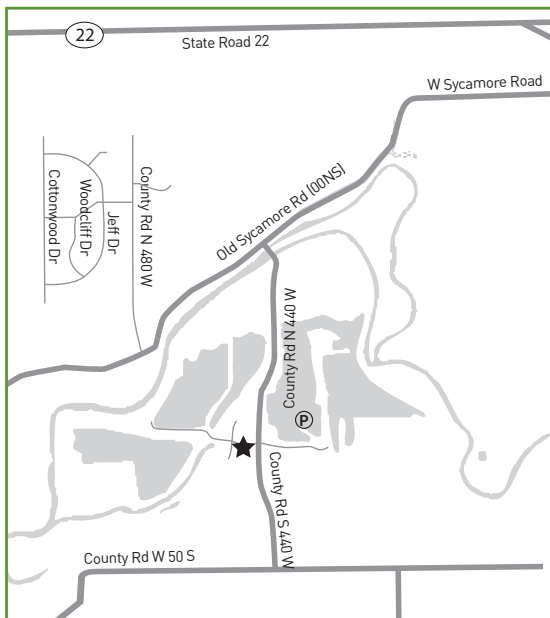
Join Us For Our Milestone 10th Annual RUNNIN' THE SHORES!
And to celebrate - we have added a 10K (6.2 mi) to the event!



Only those registered by Aug. 9 are guaranteed a performance tech shirt.

**Because this is a trail event, strollers and pets are not permitted on the race course for the safety of all participants.*

**By registering, I am granting permission to use my likeness in a photograph in any and all publications and materials without payment or consideration made to me.*



Here's What You Need To Know...

Date

Saturday, August 24, 2019

Location

Champagne Shores is located on County Road 440 W and Lakeshore Drive in western Howard County. Parking is in the Kokomo Ski Club lot located across the road from the entrance to Champagne Shores.

Cost

- \$25 per person if registration and fees received on or before August 9. Additional family members are only \$20 each.
- \$30 per person after August 9.

Events of the Day

- 7:00-7:45 a.m. Registration and packet pick-up
- 8:00 a.m. Start of the 10K Run
- 8:15 a.m. Start of the 5K Run and Walk
- 9:15 a.m. Awards presentation

Awards

Top two Males and Females per Age Division

Age Divisions

Run/Walk
 9 & under; 10-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 and up

Store Your Stuff

There will be secure storage available for your belongings (phone, shirt, etc.)

Chip Timing

Again this year, we'll be using Chip Timing to ensure participants receive fast, accurate results.

Results and Photos

Results and photos will be posted on the St. Vincent Kokomo Facebook page and RunSignUp.com/RTS

For More Information

Todd Moser, St. Vincent Kokomo Foundation
 765.456.5406
 Todd.Moser@ascension.org

Online registration is preferred and is available at runsignup.com/RTS

Pre-register by August 9 and save \$5!

I would like to register for

- 5K Run
- 10K Run *(walkers not permitted)*
- 5K Walk *(walkers must walk the entire race)*

Amount Due

- \$25 | \$20 for additional family mbrs. *(By 8/9)*
- \$30 Late/Day of Race Registration *(After 8/9)*
- I can't make the race but am enclosing a gift of \$_____

Payment

- My payment is enclosed *(make checks payable to St. Vincent Kokomo Foundation)*
- Call me for my credit card information

First Name _____

Last Name _____

Address _____

City _____ State _____

Zip _____ Phone (____) _____

Email (please) _____

Gender Male Female

My Age On Race Day (req.) _____

Shirt Size *(circle one)* S M L XL XXL

Mail completed:

- registration form**
 - entry fee**
 - signed waivers (required)**
 - 5K – Champagne Shores and Hospital
 - 10K – Both of the above and Martin Marietta
- (available at stvincent.org/runnintheshores)*

St. Vincent Kokomo Foundation
 1907 W. Sycamore
 Kokomo, IN 46901