

# 2016 PANCAKE DAY FUN RUN



## September 24, 2016

I know that running/walking in races is a potentially hazardous activity. Therefore, in consideration of acceptance of this entry, I hereby, for myself, my executors and administrators waive any and all rights and claims for damages I may have against individuals associated with this event, it's agencies, representatives, successors, and assigns, for any and all injuries suffered by me in said event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event. I give my permission for the free use of my name and picture in any broadcast, telecast, or print media account of this event.

Participant Signature

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Parent/Guardian

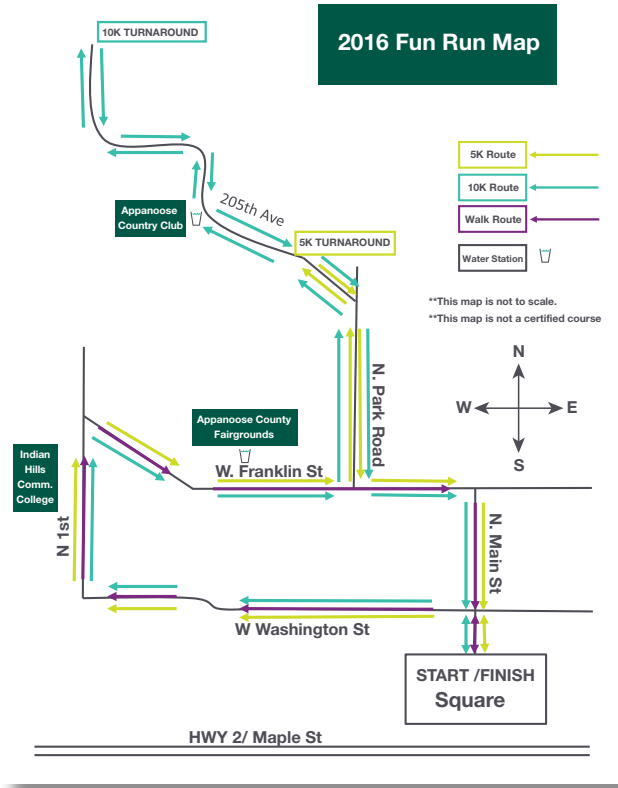
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(if participant under 18)

**Register online at [www.mercycenterville.org](http://www.mercycenterville.org) or complete front and back and drop off or mail with check to:**

Pancake Day Run/Walk - Mercy Medical Center,  
1 St. Josephs Drive, Centerville, IA 52544.

**Make checks payable to:** Mercy Medical Center  
(No refunds)



**Register online at:  
[www.mercycenterville.org](http://www.mercycenterville.org)**

# 2016 PANCAKE DAY FUN RUN



5K, 10K Fun Run  
2.1 Mile Walk

LIVEUP

Mercy

September 24, 2016  
8:00 a.m.

# 2016 PANCAKE DAY FUN RUN



## DATE, TIME AND PLACE:

Saturday, September 24, 2016, 8:00 a.m., North side of the Centerville Square, Main Street, Centerville, IA.

## COURSE DESCRIPTION:

Course will begin and end on the historic Centerville square. Each course consists of pavement terrain through the streets of Centerville and past numerous local landmarks.

## REGISTRATION & ENTRY FEE:

Pre-registration fee is \$20.00 After September 16th, registration fee is \$25.00. Day of race registration will be held on Saturday between 7:00-7:45 a.m. at First United Methodist Church. **You can also register online at [www.mercycenterville.org](http://www.mercycenterville.org)**

## AGE GROUPS:

Male/Female – 14 & under, 15–19, 20–29, 30–39, 40–49, 50–59, 60–69, 70+

## SHIRTS:

Pre-registered participants receive shirts at packet pick-up. Late and/or race day registrants receive shirts as supplies last.

## PACKET PICK-UP:

Packets may be picked up from 5-7 p.m. on Friday, September 23 or from 7-7:45 a.m. on Saturday, September 24 at First United Methodist Church, Main St., Centerville, IA. Packets will not be mailed.

## RESULTS:

Final race times will be posted at the Pancake Day Information Tent located in front of the Chamber of Commerce office on the square and on the Mercy Medical Center website at [www.mercycenterville.org](http://www.mercycenterville.org)

## AWARDS:

Awards presentation will be held on the NORTH STAGE of the square at approximately 10:30 a.m. Cash awards will go to the top male/female overall. Awards for top male/female in each age category for the 5K and 10K races. Awards for top male and female in 2.1 mile fun walk.

## REFRESHMENTS:

Water will be available on all courses and at the finish line. Other food items and refreshments will be available at the finish line.

## FIRST AID:

Will be provided by Mercy Medical Center and Mercy Ambulance Service.

## COURSE ETIQUETTE:

We will disqualify anyone who exhibits unsportsmanlike conduct or is abusive to volunteers. Due to insurance regulations – no headsets, earphones, or dogs are allowed on the course.

## INFORMATION:

For more information call, 641-437-4422 or e-mail Sarah Haluska at [shaluska@mercydesmoines.org](mailto:shaluska@mercydesmoines.org)

# 2016 PANCAKE DAY FUN RUN



September 24, 2016

## OFFICIAL 2016 PANCAKE DAY 5K, 10K AND FUN RUN/WALK ENTRY FORM

Race Number  
(official use only)

Name \_\_\_\_\_  
Gender:  Male  Female

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Race:  Fun Run/Walk  5K  10K

Age as of 9/24/16 \_\_\_\_\_ Birthdate \_\_\_\_\_

T-Shirt Size:  Youth M  Youth L  Adult S  
 Adult M  Adult L  Adult XL  
 Adult XXL (\$2.00 extra)

In case of emergency, call \_\_\_\_\_

Number \_\_\_\_\_

See back for more.

Online Registration at:  
[www.mercycenterville.org](http://www.mercycenterville.org)

You can also register online at [www.mercycenterville.org](http://www.mercycenterville.org)