

FIRST ANNUAL DISTRICT ONE 5K RUN/WALK

EMS RUN

Join District One for our first annual EMS Week 5K Run/Walk and 1K Children's Race!

FUNDS RAISED BENEFIT YOUR LOCAL VOLUNTEER EMS!

WALKING IRON PARK | SATURDAY MAY 17TH 2014

SCHEDULE

**8:00am: Check in & Late
Registration**

9:00am: Runners start

9:10am: Walkers start

9:20am: Children's Race

**11:15am: award/prize
ceremony**

On Friday, 5/16, we'll have early check in
and late registration from 4-7pm at the
District One station

HIGHLIGHTS

- Food/Beverage Table (Water, apples, bananas, animal crackers)
- Children's Activity Area (stuffed animal vitals & coloring books)
- CCR training station
- Ambulance Tours and Q/A with EMTs
- Prizes awarded to top 3 finishers in each race category

Children must be accompanied by an adult when on the course.

DONATIONS

For a \$30 minimum monetary value donation, your logo will appear on the back of the participant and volunteer t-shirts if received by April 30th. *Logos may be mailed or e-mailed.*

REGISTRATION

REGISTRATION COSTS:

- Adult: **\$20**
- Child (12y/o and under): **\$8**
- 1 Adult & 2 or more children package: **\$35**

REGISTRATION INCLUDES:

- T-shirt
- Water
- Apples/bananas/animal crackers

REGISTRATION DEADLINES:

- Postmarked by April 30th to guarantee a t-shirt.
- Late registration will be April 31st until the time of the Race with t-shirts available as supplies last.



REGISTER OR DONATE TODAY!

Visit **district1ems.com** for registration forms and liability waiver

Send registration form and signed waiver along with payment to Dane County
District One EMS

MAIL: District One EMS, Attn: Run/Walk, 316 W. Commercial St., Box 505, Mazomanie, WI 53560

OR EMAIL: district1emsrunwalk@gmail.com with registration form attached (you'll pay fee and provide signed liability waiver at check in)

If you do not receive a confirmation email regarding your registration and fee payments within 2 weeks of the date sent, please contact district1emsrunwalk@gmail.com or call (608) 235-1913.