

10th Anniversary

Bishop Hayes Catholic School



RACE #1 IN MUSCATINE GRAND PRIX CIRCUIT

REGISTRATION

Make checks payable to Hayes Hustle.

Send entry form and fee to:

Hayes Hustle

Bishop Hayes Catholic School

2407 Cedar St

Muscataine, IA 52761

Or @

<http://www.Getmerged.com>

DIVISIONS

Individual Male/Female: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

GROUP WELLNESS PROGRAM

Groups of 10 or more participants (friends & co-workers) can register together and have race packets delivered to them. A trophy will be presented to the group with the most participants. Enter group's name on application form

Early Registration Swag

Hustle Skull Caps to the first 100 registrants

AWARDS

Trophies to overall individual male/female winners of 5K run. Prizes to top three places

QUESTIONS? Contact

Jason Wester 563/263/5538

Email: jwester@machlink.com

What: 5K Run/Walk/Jog

When: Saturday, April 18th, 2009

Where: Bishop Hayes Catholic School, 2407 Cedar St. Muscatine, IA (parking next door at MHS)

Time: 9:00am

Fee: Pre-registration \$20, non-refundable

Late Fee: Day of Run 7:30-8:30, \$25

Packet Pick-up: Bishop Hayes Catholic School

Friday, April 17th, 5-7pm

Saturday, April 18th, 7:30-8:30am

Performance Running Apparel (Sizes Run Big) to all pre-registered participants registered on or before April 1st Long-sleeve cotton T-shirts to all other participants

Performance T Shirts to pre-registered Kids Hustle participants

2009 Sponsors



**MUSCATINE
PHYSICAL
THERAPY
SERVICES**

Co-owners:

Paul Kraushaar & Steve Wieskamp



Muscatine Foot and Ankle Clinic
Robert Lagone D.P.M., P.C.
Dawn Lagone D.P.M., P.C.



**First National Bank of Muscatine
Salvatore's**

Sam, Claudio, Domenica, Francesca
State Farm Insurance

Bob Keig - Amanda Buenemann -
Brenda Garcia-Van Auken

Muscatine Medical Center

Calvin E. Atwell, M.D. F.A.C.S.,

Jennifer A. Meyer, ARNP, FNP,

Janae Abma, ARNP, FNP

Vision Center P.C.

Dr. Mather. Dr. Davis. Dr. Eller. Dr. Scholz

Kids Hustle

Friday April 17th 5:30 PM

Muscatine High School Track

Divisions

Boys/Girls

4 & under 100yds

5-6 400m 7-9 800m 10-11 1600m

Kids Hustle Registration

Pre Reg-\$13.00

Race Day \$16.00

Awards

Salvatore's Gift cards awarded to top three finishers in each division

Kids Hustle participants are welcome to participate in the 5K with an adult at no additional charge

Spaghetti Supper

Friday April 17th 5-7 PM

Spaghetti, Bread, Tea or Lemonade

Adults \$7.00

Kids (3-10) \$3.00

Under 2 free

Name (please print) _____ Phone # _____ Age as of 4-14-09 _____ Sex _____

Address _____ City _____ State _____ Zip _____

I am registering for the 5K (\$20) _____ Kids Hustle (\$13) _____ Circle T-shirt Size: YS YM YL AM AL AXL XXL (\$2 extra)

WELLNESS GROUP: _____
(group name) (contact person) (phone #)

Additional tax deductible donation (optional) to Bishop Hayes Catholic School _____

We will make every effort to honor your request, but T-shirt size cannot be guaranteed. Please register early.

I know that participating in a road race is a potentially hazardous activity. I should not enter and compete 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 event. I assume all risks associated with participating in this event including, but not limited to falls, contact with other participants, the effect of the weather, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Hayes Hustle committee, Bishop Hayes Catholic School, and the city of Muscatine, and all participating sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____

(Parent or Guardian Signature for participants under age 18)

Signature _____ Date _____

(Parent or Guardian Signature for participants under age 18)

No roller blades or scooters, PLEASE!

Dogs Welcome-Please Line Up in Rear