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A. L. F. Fun Run, walk & Roll!

September 10th, 2011

9:00 AM

Benefiting our Troops,

our residents & your health!

5 K Run/Walk(strollers welcome)

1 Mile Run/Walk/Bike/Wheelchair

This event will kick off Assisted Living week! The fee will be \$13.00, to cover supplies, plus at least one item of donation to send to our troops still over seas. Our residents will help package up the items to ship out. There is a list of suggested items below. Mail the entry fee in with your registration then bring the donations items with you when you pick up the packet and sign the waiver.

You will receive a T-shirt. Age group winners will receive a medal. All children 12 and under in the 1 mile will receive a medal. Fruit and beverages will be provided. There will drawings for prizes as well. Checks can be made out to Heritage Crossings. Packet pick-up & item donation can be done at Heritage Crossings Assisted Living on Friday September 9th from 8-4 and Saturday morning from 730-830. Registration after August 31st will go up \$7.00 and may not be guaranteed a shirt. If you are pushing someone in a wheelchair there is just 1 entry fee and an additional shirt may be purchased.

Suggested items for donation: baby wipes, q-tips, deodorant, small bottles of shampoo, conditioner, shaving cream, eye wash fluid, lotions, baby powder, foot powder, razors, breakfast & snack bars, individual coffee & drink packets, sunflower seeds, nuts, hard candy, gum, chicken & tuna packets, microwave popcorn, trail mix, small cans of pop-top fruit, pudding, applesauce, crossword & word search puzzles, decks of cards & money (for packages & shipping fees).

Any questions contact Jenee Blundell at
jblundell@vhsmail.com or (402) 759 – 3194

Registration forms can be found online at
<http://www.vetterhealthservices.com/heritagecrossings/>

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__5 K Run
__5 K Walk
__1 Mile Bike
__1 Mile wheelchair
__1 Mile Run
__1 Mile Walk

All entries \$13.00 additional shirts may be purchased for \$10.00.
Mail to Heritage Crossings Assisted Living c/o Jenee Blundell 501 North 13th street
Geneva, NE 68361

First & Last name _____
Address _____
Phone & email _____
Age on event day _____
* A legal guardian must be present for participation of a minor
Emergency contact name & phone _____
Shirt size _____

** Persons pushing a wheelchair**
First & Last name _____
Address _____
Phone & email _____
Age on event day _____
Emergency contact name & phone _____
Additional shirt ? size _____

Shirt sizes: Youth: S, M & L Adult: S, M, L, XL, XXL