

5K 10K

RUN & WALK

20 YEARS

SATURDAY

► **SEPTEMBER 12, 2026 7:30AM**



**COMPASS MEMORIAL
HEALTHCARE**

The race will take participants on a marked route in Marengo. This event is sponsored by the Compass Memorial Healthcare (CMH) Foundation, a nonprofit organization. Proceeds will benefit the CMH Foundation and be used to provide future healthcare needs.

Awards and free will breakfast follow the race in the May Street Cafe.

Early registration: \$25

Registration must be received no later than August 21st in order to guarantee a shirt

6:30 AM race day registration: \$30



Name _____ Phone _____

Address _____ City _____ State _____

Email Address _____

Circle One for each section

Age:

14 & Under 40-49 Years
15-19 Years 50-59 Years
20-29 Years 60 Years +
30-39 Years

Shirt Size:

Small X-Large
Medium XX-Large
Large XXX-Large

Race Entry:

5K
10K

Gender:

Male
Female

For more information please contact CMH Foundation at 319-642-5543

I recognize the risks associated in any athletic event and hereby waive, release and hold harmless all sponsors, contributors, supporters, volunteers and officials associated with the race and event, from any and all liability, claims and rights for damages from injuries growing out of, related to, or arising from participation in the CMH Foundation Run/Walk. I further certify that I have full knowledge of the risks involved in the event and that I am physically fit to participate. If however, I do require medical attention as a result of my participation in the above mentioned activities, I authorize the medical personnel associated with said event to provide such medical care as is deemed appropriate by such medical personnel.

Participant Signature _____ Date _____

Parent or Guardian Signature in under 18 years of age _____ Date _____