



**Be Part Of The Sixth Annual
RUNNIN' THE SHORES
5K Run/Walk**

Saturday, August 22, 2015
Champagne Shores Kokomo, IN

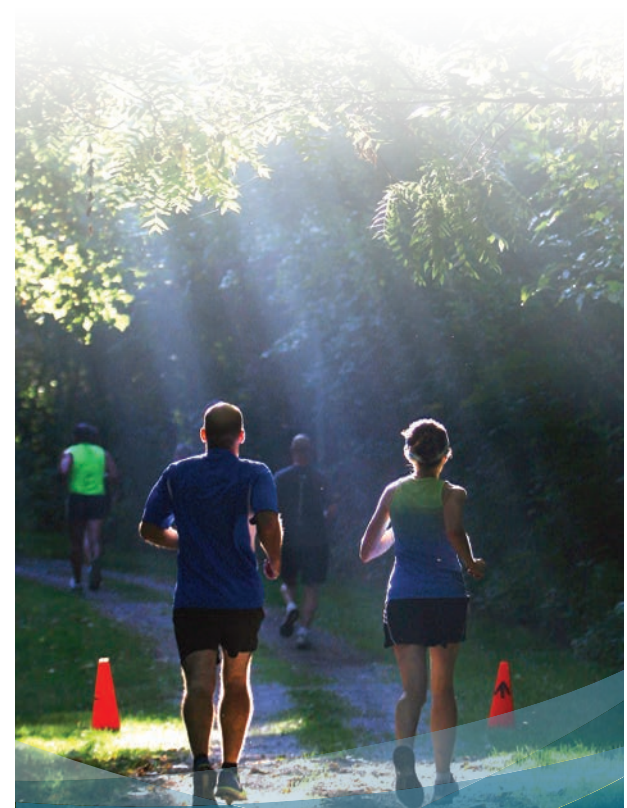
Preregister by August 10 and save \$5!



PO Box 9010
Kokomo, IN 46904-9010



**Sixth Annual
RUNNIN' THE SHORES**
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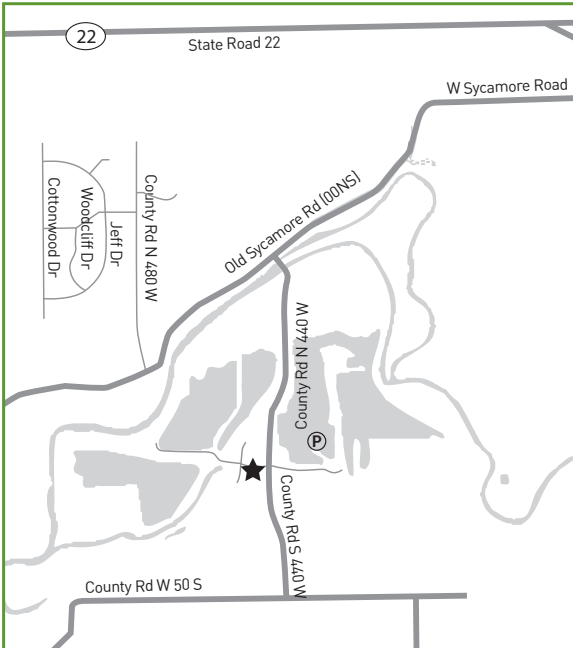
A scenic 5K trail Run/Walk
to improve the health of
our community

THE SPIRIT OF CARING®

Join Us For Our Milestone Sixth Annual RUNNIN' THE SHORES 5K!

This August, the St.Vincent Kokomo Foundation will hold its Sixth Annual Runnin' the Shores 5K Run/Walk, an exciting event that offers participants an opportunity to enjoy an exhilarating run or walk along the scenic trails of Champagne Shores. One of only two 'off road' runs in Howard County, Runnin' the Shores is a fun, family-friendly morning dedicated to good health: yours and our community's. Whether you run or walk the gentle 3.1 mile course, you'll improve your cardiovascular health and be eligible for awards. Proceeds from the event will be used to support healthcare services provided by St.Vincent Kokomo.

Because this is a trail event, strollers are not permitted.



Here's What You Need To Know...

Date

Saturday, August 22, 2015

Location

Champagne Shores is located on County Road 440 W and Lakeshore Drive in western Howard County. Parking is in the Kokomo Ski Club lot located across the road from the entrance to Champagne Shores.

Cost

- \$20 per person if registration and fees received on or before August 10. Additional family members are only \$15 each.
- \$25 per person after August 10

Events of the Day

7:30-8:15 a.m. Registration and packet pick-up
8:15 a.m. Kids (12 and under) free Fun Run
8:30 a.m. Start of the 5K Run and Walk
9:30 a.m. Awards presentation

Awards

Top three Males and Females per Age Division

Age Divisions

Run 9 & under; 10-14; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70 and up
Walk 19 & under; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & up

Chip Timing

Again this year, we'll be using Chip Timing to ensure participants receive fast, accurate results.

Results and Photos

Results and photos will be posted on the St.Vincent Kokomo Facebook page, found at [Facebook.com/StVincentKokomo](https://www.facebook.com/StVincentKokomo).

For More Information

Todd Moser, St.Vincent Kokomo Foundation
765.456.5406
Todd.Moser@stvincent.org

Registration Form

Online registration is also available at www.stvincent.org/runnintheshores.

I would like to register for the 2015 Runnin' the Shores (check one)

- 5K Run
 5K Walk (*walkers must walk the entire race – no running permitted*)

By registering, I am granting permission to use my likeness in a photograph in any and all publications and materials without payment or consideration made to me.

Amount Due

- \$20 | \$15 for additional family members (By 8/10)
 \$25 Late/Day of Race Registration (After 8/10)
 I can't make the race but am enclosing a gift of \$ _____.

Payment

- My payment is enclosed (*make checks payable to St.Vincent Kokomo Foundation*)
 Call me for my credit card information

First Name _____

Last Name _____

Address _____

City _____

State _____ Zip _____

Phone () _____

Email _____

Gender Male Female

My Age On Race Day _____

Shirt Size (*circle one*) S M L XL XXL

Only those registered by 8/10 are guaranteed a shirt

Mail completed registration form, entry fee and signed waiver (available at stvincent.org/kokomofoundationevents) to:

Todd Moser

St.Vincent Kokomo Foundation

PO Box 9010

Kokomo, IN 46904

The St.Vincent Kokomo Foundation is a 501(c)(3) not-for-profit organization. Donations to the St.Vincent Kokomo Foundation are tax deductible as allowed by law.