

Liability Waiver:

In consideration of your accepting my entry into the UCHealth Hero Hustle, I, attending to be legally bound for myself, my heirs, executors, and administrators, do hereby release and discharge Healthy Kids Club, UCHealth, including, Centerra and all race sponsors from all liability arising from illness, injuries and damages I or my family members may suffer as a result of participation in this event.

I also understand and agree that UCHealth may subsequently use for publicity and/or promotional purposes my name and pictures of me or my family members participating in this event without obligation or liability to me. I have read the entry information provided and verify compliance by my signature below. I also understand my entry fees are non-refundable.

Participant or Parent/Guardian signature:

Thank you to our sponsors



Healthy Kids Club®
A program of UCHealth

uchealth



Healthy Kids Club

Improving Lives Since 1998

Healthy Kids Club is a community health program sponsored by UCHealth to promote health and physical activity among elementary age children.

The Healthy Kids Run Series (celebrating 19 years!)

The run series offers kids ages 5-12 the opportunity to participate in seven free 1-mile fun runs. More than 700 kids are participating in the 2017 series.

The Schools on the Move 5210 Challenge

Each February, northern Colorado elementary school students and staff track healthy habits. Schools with the highest percentage of participants are awarded prize money to use towards PE equipment or school wellness initiatives. Over 18,000 students and staff participated in 2017.

Walkathon Fundraisers

Healthy Kids Club sponsors walkathon fundraisers at many area elementary schools (47 in 2016/17). A portion of the walkathon proceeds are designated to fund school wellness initiatives.

Health Education and Classroom Resources

Healthy Kids Club offers standards-based health education for elementary age children. In addition, HKC has developed popular classroom resources that support integrating movement and activity into the school day.

Fit Families on the Move

Fit Families on the Move is a summer program designed to keep families active. Registered families receive a FITPASS for over 100 free and low cost family activities in Loveland, Fort Collins, Greeley and Windsor.

BstrongBfit

BstrongBfit is an eight-week program for 4th and 5th grade girls. It is designed to promote physical activity through running with an emphasis on social-emotional wellbeing.



**5K Family Fun Run and
One-Mile Kid's Fun Run**

Saturday October 7, 9 a.m.

Trails around the Lakes at Centerra



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The Hero Hustle at Centerra is a zero waste event. Please bring your own water bottles.

Join us for the 12th Hero Hustle (formerly the Halloween Hustle)

at Centerra Rangeview Campus
2725 Rocky Mountain Ave
Hero attire encouraged!

Directions to Centerra Rangeview Campus: Take I-25 to U.S. Highway 34 West (Exit 257), Head west on U.S. Highway 34 and turn right on Rocky Mountain Ave. (about .5 miles from I-25 exit).

Follow Rocky Mountain Ave. north through four roundabouts. Once you pass Medical Center of the Rockies, the Rangeview Office Campus will appear on your left. Turn into the campus via the next left turning lane you come to. Look for the Hero Hustle signs.

Race information

- 5K family fun run.
- Free one-mile kid's run.
- Strollers and friendly dogs on leashes are welcome (please bring waste bags).
- Please bring water bottles.

8-8:45 a.m.: Race day registration and t-shirt pick up

9 a.m.: Welcome and 5K family fun run begins

Kid's one-mile run will start at 9:20 a.m.

Pre-Registration

Please complete registration form on following panel.

Note: pre-registering will ensure t-shirt sizes and availability – we can't guarantee shirt availability on race day.

- **Individual** - \$20 (includes one shirt and post-race activities)
- **Team of 4 or more** - \$15 /person (includes 1 t-shirt per person and post-race activities for all)
- **UCHealth, McWhinney, Women's Clinic, Youth Clinic and school district employees** - Individual \$15/person, Team of 4 or more \$10/person

- **Income-based scholarships** may be available

Extra t-shirts - \$6 each (must pre-order on registration form – we can't guarantee sizes/quantity on race day)

Mail

Postmarked by Sept. 29. Make checks payable to UCHealth Healthy Kids Club.

UCHealth Healthy Kids Club

C/O Kris Ayers
1025 Garfield St., Suite A
Fort Collins, CO 80524

Drop off by Oct. 3

UCHealth Healthy Kids Club

1025 Garfield St., Suite A
Fort Collins, CO 80524
(Just west of Poudre Valley Hospital and the Fort Collins Women's Clinic)

Race Day Registration

Individual - \$25

Team of 4 or more - \$20/per person (includes 1 t-shirt per person and post-race activities for all). We cannot guarantee shirt/size availability on race day.

UCHealth, McWhinney, Women's Clinic and

Youth Clinic employees -

Individual \$ 20/person,
Team of 4 or more \$15/person

Go to healthykidsclub.org for more information.

Post-race fun!

- Inflatables • Games
- Soft serve frozen fruit
- Music • Entertainment
- Snacks and more!

Questions?

Contact Kris Ayers
kris.ayers@uchealth.org

Registration Form (please complete)

Individual name: _____

Team name (optional): _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

☐ Please send me information about other HKC programs!

Emergency Contact: _____ Phone: _____

General Registration

☐ Free, one-mile fun run only. (T-shirts are available for purchase below).

☐ Individual (\$20 pre-registration, \$25 on race day). Includes 1 t-shirt.

☐ Team of 4 or more (\$15/person pre-registration, \$20 on race day). Includes 1 t-shirt per person.

of team members: _____

Employee Rate (available only to UCHealth, McWhinney, Women's/Youth Clinic, or school district employees).

☐ Individual (\$15 pre-registration, \$20 on race day).

☐ Team of 4 or more (\$10/person pre-registration, \$15 on race day).

of team members: _____

I am an employee of: _____

Fit.Teen Rate (must be registered participant of the Fit.Teen Series).

☐ Individual (\$10).

Scholarship Rate (available only by pre-approval).

☐ I received a scholarship from _____.

I understand that t-shirts are not included with my scholarship but are available for purchase (include check or cash with your order).

of team members: _____

T-shirt Order

Limit 1 free t-shirt per **paid** entry. Additional t-shirts are available for \$6 each. Be sure to indicate desired **quantity** next to the size:

YS___ YM___ YL___ AS___ AM___ AL___ AXL___

Total 5K entry fee: \$ _____

Total t-shirt cost: \$ _____

Total amount enclosed*: \$ _____

*To pay by credit card, please call Celeste Arias at 970.495.7518 between 9 a.m.-4:30 p.m. on Tuesdays or Wednesdays, or from 9 a.m.-1 p.m. on Thursdays.

Important! Please sign the waiver on the reverse side.