



PRESENTED BY



BENEFITING



**9 a.m. Saturday, Nov. 6**  
Southeast Iowa Regional Hospice House



**Register online**

Visit <https://bit.ly/MilesMemories>  
Or scan the QR code

**Mail registration form to:**

Carrie Green, Great River Health Foundation  
Southeast Iowa Regional Medical Center  
5445 Avenue O, Fort Madison, IA 52627  
Makes checks payable to "Miles & Memories 5K Run/Walk"

**Registration information**

**12 and under**

**\$15** — through Oct. 15  
**\$20** — beginning Oct. 16

**13 and over**

**\$25** — through Oct. 15  
**\$30** — beginning Oct. 16

**Shirts**

Entry fee includes a long-sleeve event T-shirt when registered by Oct. 15.

**Awards**

Top 3 finishers in each male and female age group will receive medals.  
9 and under | 10-14 | 15-19 | 20-29 | 30-39 | 40-49 | 50-59 | 60+

**For questions** call 319-376-2747 or [cgreen@greatriverhealth.org](mailto:cgreen@greatriverhealth.org)

**IMPORTANT DATES  
AND TIMES**

**Oct. 15**

T-shirt guarantee deadline.  
Shirts not guaranteed  
after Oct. 15.

**Nov. 5**

**3:30 p.m.**

Online registration closes.  
Participants still can  
register at packet pick up.

**4 to 6 p.m.**

**Hospice House Garage**

Packet pick up and  
registration

**Nov. 6**

**Hospice House**

**7:30 a.m.**

Packet pick up and  
registration

**8:45 a.m.**

Call to start line and  
opening ceremony

**9 a.m.**

5K run/walk start

**9:20 a.m.**

1-mile stroll start

**10:45 a.m.**

Awards

**"IN MEMORY OF ..."  
shirt imprints**

**\$125**

Have your loved one's  
name listed on the event  
shirt.