

DCH SportsMedicine Fund Run

Join Us and Let's All Celebrate Our 12th Annual Race Together!

We Need Your Support through Donation or Participation!

Event: DCH SportsMedicine Fund Run
5K Race begins at 8:00 a.m.
1-mile walk/run begins at 8:45 a.m.
Registration Fee: \$15.00 prior to April 29 and \$18.00 race day per race

Date: Saturday, May 1, 2010

Location: Tuscaloosa County High School (12500 Wildcat Drive, Northport, AL 35475)

Proceeds: Funds collected from this event benefit the Sports Medicine Fund, which is part of the DCH Foundation, Inc. The fund provides service and educational opportunities to area schools, colleges, recreational sports organizations and individuals. Since its creation in 1993, the Sports Medicine Fund has provided protective and preventive athletic equipment to area athletes, breakaway safety bases for baseball and softball fields, face shields for little league baseball batting helmets, exercise bikes and stair steppers for athletic training rooms, AEDs, and medical supplies and equipment for area high school athletic training rooms.

Donations: If you would like to make a donation please see the athletic trainer at your school or mail your donation to the following address:

DCH Foundation, Inc.
Attn. Sports Medicine Fund
809 University Blvd E
Tuscaloosa, AL 35401

**Make checks payable to DCH Foundation, Inc.
(Please note: DCH SportsMedicine Fund in the memo line)
Donations are tax deductible**

To Participate: Register online at www.active.com, through the mail or in person on race day.

Prizes: If you participate and collect donations there are different prize levels (i.e. water bottles, bags, etc.) depending on amount of money collected.

Awards: Awards will be given to the top 3 overall, masters, and top 3 in each age category for the 5K, and to top 3 winners for the walk/run in both male and female categories.

Door Prizes: Many area businesses donate door prizes.

Come Join Us! We hope to see you there!

For more information contact the ATC assigned to your school or Sheryl L. Hendrix, Manager, DCH SportsMedicine at (205) 333-4787 or shendrix@dchsystem.com.