

**MCHI Rehabilitation** offers physical, occupational, and speech therapies for patients of all ages. Whether in the hospital or recovering at home, our goal is always to help each patient regain maximum function.

The MCHI Rehab team carefully evaluates each individual's physical concerns and assesses how those conditions impact emotional, social, and occupational functioning. An individualized treatment program is then designed to fit the unique needs of each individual.

Our clinic offers therapeutic modalities, orthotic-assistive devices, exercise, and learning-based practices to promote healing and recover function.

*For more information, contact us at 402-694-8254.*

## MCHI Rehab Fun Run & Wellness Walk

Saturday, June 23, 2018

5K & 10K Fun Runs  
& 5K Wellness Walk  
— 7:05 AM —

1 Mile Walk (Seniors)  
— 7:10 AM —

1 Mile Kids Fun Run  
— 8:05 AM —

Saturday  
JUNE 23, 2018



### Physical Therapy

Brad Bangs, PT, Director  
of Rehabilitation Services

Mark Dick, PT

Philip Esslinger, PT

Cami Knust, PT

Mary Lou Bartlett, PTA

Dara Schuster, PTA

Kerry Cates, Aide

### Occupational Therapy

Carla Christenson, OTR/L

Kim Eberly, OTR/L

Valerie Erickson, COTA

### Speech Therapy

Cindy Haggadone, SLP

**Memorial Community Health**

1423 7<sup>th</sup> Street

Aurora, NE 68818



[www.MemorialCommunityHealth.org](http://www.MemorialCommunityHealth.org)



## DATE & TIMES

Saturday, June 23, 2018

Prior to the run/walk, ALL participants must check-in/register at the MCHI Rehab Bldg at 1408 5th St.

Registration & check-in opens at 6:15 am

**5K & 10K Run & 5K Wellness Walk - starts at 7:05 am**

**1 Mile Walk (Seniors) - starts at 7:10 am**

**1 Mile Kids Run - starts at 8:05 am**

Presentation of Awards at 8:25 am

## DIVISIONS

**10K RUN** - Male/Female

**5K RUN /WALK** - Male/Female

**1 Mile WALK (SENIORS)**

**1 Mile KIDS RUN**

## ENTRY FEE

**\$20** - Participants over 18 (includes t-shirt\*)

**\$10** - Participants 18 and under (includes t-shirt\*)

*\*ONLY participants PRE-registered by June 11 are guaranteed shirts on the day of the race. Registrations received after June 11 and race day registrants may pick up shirts at Memorial Rehabilitation between July 9—July 31.*

## AWARDS

Awards will be given to the top 3 male and female finishers of 5K and 10K runs only.

## PERFORMANCE TIMES

Times will be recorded for the top 3 finishers in the

5K and 10K runs. Finish times will be called out for all other finishers as they cross the finish line.

## ROUTE for 5K & 10K Run/Walk\*

The race route begins at MCHI Rehabilitation (intersection of 6<sup>th</sup> and O Streets). Proceed west on O for 5 blocks then turn south on 1<sup>st</sup> St. Race 3.5 blocks then turn west on L St. Travel through the neighborhood for approx. 9 blocks using L, Matson, and Mark Streets. Cross 1<sup>st</sup> St and travel 7 blocks east on H St to 8<sup>th</sup> St. Take a 1 block jog north to J St and then continue east for 7 more blocks. Race north on 15th St for 5 blocks before sprinting back to MCHI Rehabilitation on O St. (10K racers will run the circuit twice.)

**\* Race officials will direct the path of the 1 Mile Kids Run and 1 Mile Walk for Seniors.**

## POST RACE EVENTS

Participants are encouraged to stay and enjoy complimentary fruit, muffins, and drinks after the race and during the awards presentations. Aurora News-Register will take photos following the awards presentations for winners of the 5K and 10K races.

## PARKING & RESTROOMS

Racers & spectators are asked to use the **MCHI Employee/Delivery entrance** (accessed via 5th St) and **park north** of MCHI Rehabilitation. **Restrooms** are available inside the MCHI Rehabilitation building.

# MCHI Rehab Fun Run & Wellness Walk 2018

NAME \_\_\_\_\_  
*Please PRINT legibly*

Address \_\_\_\_\_

City, ST, ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_

PHONE \_\_\_\_\_ SEX: M F

*\*ONLY participants PRE-registered by June 11 are guaranteed shirts on the day of the race. Registrations received after June 11 and Race Day Registrants may pick up shirts at Memorial Rehabilitation between July 9—July 31.*

## EVENT (circle one):

- 10K RUN
- 1 MILE KIDS RUN
- 5K RUN/WALK
- 1 MILE WALK (SENIORS)

## ENTRY FEE

18 Yrs & Under—\$10     Over 18 Yrs —\$20

## T-SHIRT SIZE

Youth:  SM    M    L    XL

Adult:  SM    M    L    XL    2XL    3XL

I hereby assume the risk for any injuries that I may sustain in connection with the MCHI Fun Run & Wellness Walk and do hereby release and forever discharge the sponsors and officials of the MCHI Fun Run & Wellness Walk from any personal injury I may sustain while engaged in the activity specified above. My signature below certifies compliance with the entry form and fees for the race. I understand that the entry fee is non-refundable.

Signature \_\_\_\_\_

Parent/Guardian \_\_\_\_\_  
*Parent or Guardian must sign if under 18 years.*

**Mail entry form and make checks payable to:**

**Memorial Community Health**  
FUN RUN, 1423 7<sup>th</sup> Street Aurora, NE 68818

For more information:

**MCHI Rehab 402.694.8254 · rehab@mchiaurora.org**  
**MemorialCommunityHealth.org**

