

**RACE FOR RICK**  
**RICK HASCHEL MEMORIAL 5K & 10K**  
**ONLINE REGISTRATION AVAILABLE**  
**[WWW.RHM5K.COM](http://WWW.RHM5K.COM)**  
**PRE-REGISTRATION-\$20**  
**RACE DAY REGISTRATION-\$25**

ALL FIELDS OF INFORMATION MUST BE FILLED IN.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State & Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Age on Race Day: \_\_\_\_\_ D.O.B: \_\_\_\_\_

Circle one: **Male** **Female**

Race: **5k Walk** **5k Run** **10k Run**

T-shirt size (circle one): **S** **M** **L** **XL**

In signing this form, I assume all responsibility and agree to waive any responsibility for the organizers of the Rick Haschel Memorial 5K & 10K, Pulaski Memorial Hospice and all other sponsors for any injury incurred during said race. I verify that I am physically fit and have trained sufficiently for this event.

\_\_\_\_\_  
Signature (parent or guardian if under 18)

**Pre-registration must be postmarked by**

**July 15, 2013.**

Race day registration available, but T-shirts may be limited.

Send registration form with check payable to:

[Winamac Runners Club](#)

[P. O. Box 344](#)

[Winamac, IN 46996](#)

**For more information:** Contact Race Directors, Mike Haschel at 574-270-0427 or Jason Hague at 574-242-2237. You may also visit our website at [www.rhm5k.com](http://www.rhm5k.com).

Rick Haschel Memorial Race  
P. O. Box 344  
Winamac, IN 46996

To:

# ***“RACE FOR RICK”***

## ***RICK HASCHEL MEMORIAL 5K & 10K***



***JULY 20, 2013  
WINAMAC, INDIANA***

***100% OF PROCEEDS BENEFIT  
PULASKI MEMORIAL HOSPICE***

**START TIME**  
**JULY 20, 2013**

Registration and Packet Pick up:  
7:00 - 8:00 a.m.

Run: 8:30 a.m.

Times are EST

Registration fee: \$ 25.00

**SHIRTS**

Shirts are subject to availability.

Preregistered racers are guaranteed shirts.

**RACE AWARDS**

Awards will go to the first male and first female overall and to the winners of each male and female age group for the walk and the run.

**Age groups:**

Runs	Walk
12 and under	24 and Under
13 – 17	25 – 50
18 – 24	51 - Over
25 – 30	
31 – 40	
41 – 50	
51 – 60	
60 – Over	

**LOCATION**

Pulaski County Chamber of Commerce  
Train Depot, 200 W. Main St., Winamac,  
IN 46996.

**Directions:** From US HWY 35, turn West onto St. Rd. 119 and go 3 blocks to Logan St., turn north and proceed 2 blocks to parking lot across the street from the Fire Station garage. Train Depot is at the Southeast corner of the parking lot.

**A WORD ABOUT PULASKI  
MEMORIAL HOSPICE**

*The goal of Pulaski Memorial Hospice is to provide terminally ill individuals with care in the comfort of their own home. We strive to meet the special needs arising from the physical, emotional, spiritual and social stresses experienced during the final stages of illness and bereavement. Emphasis is on helping the patient make the most of each hour of remaining life by making sure they are comfortable and free from pain.*

*Pulaski Memorial Hospice treats not only the patient but also the patient's caregiver and family members. We use a team approach consisting of nurses, social worker, chaplain, dietitian, pharmacist, home health care aides and volunteers to provide for the needs of the patient and his family.*

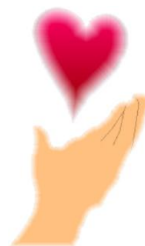
*Our hospice program provides care for seven surrounding counties and no one is denied care because of inability to pay.*

**VOLUNTEERS**

*Volunteers are an important part of our hospice care. We maintain a roster of trained hospice volunteers to assist a family with non-medical care for a loved one. Our volunteers are men and women of all ages and from all walks of life.*

*We offer training that can be scheduled at your convenience and a chance to make a difference. If you are interested in becoming a volunteer for Pulaski Memorial Hospice, please call 574-946-2140 and ask to speak to the Volunteer Coordinator.*

*"Sometimes all a person needs is  
a hand to hold and a heart to listen."*



**IN MEMORY OF  
RICK WILLIAM HASCHEL SR.**

*The Rick Haschel Memorial 5k & 10k is a race to remember the late Rick William Haschel Sr. His love for the sport of distance running lives on with all who participate in this event.*

*Rick was a dedicated worker for the Town of Winamac, a volunteer fireman for many years, a coach, father and husband. Many remember Rick out running the streets of Winamac as an avid runner, all remember him for his sense of humor and smile. Rick's life was claimed by cancer in May of 2002.*

*All proceeds of the race run/walk will go to the Pulaski Memorial Hospice in their efforts to provide quality care for terminally ill patients and their families. Proceeds for the fun run will go to the Winamac Parent Teacher Association.*

