



iCRUSH 5K
Nov 9th 2014

The
Healthy, Wealthy
& Wise 5k

- Cash for Overall Top 3 (\$100, \$50, \$25) male & female
- Master's & Grand Master's (over 60)
- At least 3 deep in the following age categories:
0-10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44,
45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+
- Top team (lowest score)—best 4 finish places within the age groups

Online
registration/results at
www.iCrush.org

Registration & Fees*

Online

with Tech T-Shirt

\$20 — Individual

\$18 — Students (<19), Seniors (62+), Teams (4-6 runners)
all registered together

Early Mail-in Registration

with Tech T-Shirt

\$25 — Individual

\$23 — Students (<19), Seniors (62+), Teams (4-6 runners)
all registered together

Late Registration (after October 31)

Shirts will be on 1st come basis

\$28 — On-spot registration for anyone.

For more information see www.iCrush.org

Email : 5kRun@iCrush.org

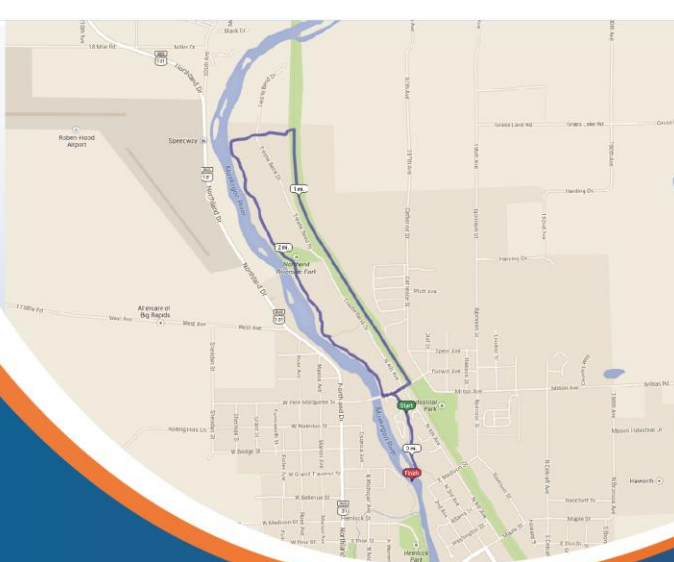
Call : **Gail Wyatt - 231-349-9980**



Everyone's Invited! Come and get involved by running, walking, and learning at iCrush 5K. Kids, Adults-young & old, and whoever loves to be healthy and learn to fight their illness are invited. Come join us for this iCrush Wellness program and enlighten yourself.

NO REFUNDS

— 2014 proceeds benefit
Helen DeVos Children's Hospital of Spectrum Health



White Pine & Riverwalk
Trails, Big Rapids

SUNDAY
9th Nov
2014



2:00 pm
Big Rapids Middle School

White Pine & Riverwalk Trails, **BIG** Rapids



Nov 9th - Big Rapids, MI

2:00 pm

Sunday, November 9, 2014

- Packet Pick-up and Late Registration between **12:30-1:30pm** at Big Rapids Middle School
- Long sleeved **technical T-shirts** to pre-registered runners.
- Following the race, there will be good food, awards, and door prizes in the cafeteria of **Big Rapids Middle School**.
- The course will start on the **paved Riverwalk Trail** along the **Muskegon River**. The **loop course** will also utilize the White Pine Trail and finish again on the Riverwalk Trail Bridge **behind the school. No traffic!**



Big Rapids Middle School
500 N. Warren St.
Big Rapids, MI 49307

US 131 to exit 139. Follow M-20/Bus 131 East then North. Turn Right/East on E. Grand Traverse St. Park behind the Big Rapids Middle School.

- Cash Prizes
- T-Shirts
- Food
- Age Group Awards
- Participation Awards
- Health Seminar / Talks

Website:

www.icrush.org

Email:

5krun@icrush.org

A Smart Patient Initiative From



Entry fee*
\$20 / \$18

*Check details on
the last page

Proud Sponsors :



Online Registration and results at
www.iCrush.org

for Mail-in registration,
Enclose a Check of \$25/\$23* payable to **VITAL CHECKLIST**

*for Students (<19), Seniors (62+), Teams (4-6 runners)

Mail application and payment to: **Vital Checklist iCrush 5kRun**
19595 Hoover Road, Big Rapids, MI-49307

Organizer's Panel :

(from left to right):



Gail Wyatt -gail@gailwyattrealtor.com
Jill Evers -ccj_me@hotmail.com
Jeff Wilson -kceaglejeff@gmail.com

Dr. Harpreet Singh C.E.O.
 -drsingh@vitalchecklist.com
Gagan Pal Singh C.O.O.
 -gagan@vitalchecklist.com

Volunteer Advisors :

Dr. H. Paul Singh, MD, FACC,
 Dr. Avantika Singh, Dr. Krishna Adit Agarwal, Dr. Ankur Sinha



Register me as

NAME _____

Address _____

City _____ State _____ Zip Code _____

Phone (___) _____ Gender: F / M

Age as on race day _____ Team _____ count

Email _____

Emergency contact _____

Emergency phone _____

T-shirt size: Youth M Youth L S M L XL XXL (add\$1)

Legal Waiver: I hereby certify that I have carefully read, understand, and agree to the Entry Form and will be legally bound by this release (waiver). I certify that I have entered this race of my own free will. I am in a physical condition that allows me to enter this event. In consideration of the acceptance of my entry, I do, for myself, my heirs, administrators and executor waive and release, forever, any and all rights to claims and suits for damages I might accrue against iCrush, BRMS, its principals, representatives, sponsors, volunteers, &/or beneficiaries, for any and all injuries suffered by me while traveling to, from, and while participating in the race event. Further, I certify that I am covered by my own medical insurance or, failing that, accept full responsibility for any and all expenses I may incur. My photograph, likeness, or video may be used for any legal purpose by race organizers. I have read this waiver and agree to its terms.

Signature _____ Date _____
 (parent/guardian if participant is under 18)

Invite your friends to join us. Feel free to make a copy of this entry form or give us their email/phone below:



The Healthy, Wealthy and Wise 5K

Our Mission:

Healthy - by running/walking
Wealthy - by saving on healthcare expenses
& Wise - by learning how to better counter your condition, and be a smart patient

**The contents of the iCrush Diabetes T-Shirt, are for informational purposes only. It is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on the iCrush.org or iCrush T-Shirt

www.iCrush.org



Complications of Diabetes and Follow up

This checklist is on the back of the T-Shirt

I	Infection of the feet or other skin issues Ask your caregiver to check feet daily
C	Cholesterol 3-6 months if uncontrolled Ask your caregiver about HDL, LDL & Triglycerides
R	Record of low and high blood sugars Ask your caregiver about C-Peptide and Beta-antibody test
U	Urine protein and kidney function ACE Inhibitor or ARB, Micro albuminuria, BUN & Creatinine, GFR
S	Sleep apnea/ Stroke Snoring, morning headaches, and much more
H	Heart disease Aspirin Use? If you have chest pain or symptoms of STROKE, call 911
D	Depression scale/Dementia Symptoms of depression lasted for more than 2 weeks
I	Impotence Do you have Low Testosterone or ED
A	ATC every quarter Average plasma glucose concentration over prolonged periods of time
B	Blood pressure & Blood Sugar Log Glucometer, Strips, Ketone strips
E	Dilated Yearly Eye Exam Diabetic Retinopathy and Cataracts
T	Tingling in legs & Monofilament testing Diabetic Neuropathy, Peripheral Circulation and loss of sensation
E	Ear check-up Hearing loss and Balance Loss
S	Stomach issue Gastroparesis, Diarrhea or Constipation

What is iCrush 5k about?

iCrush 5K is a smart patient initiative from Vital Checklist. We want to start a movement where we can use **5k Runs/Walks** as a medium to educate patients about various diseases.

The most important components to empower patients are:

- 1) Patient Education,
- 2) Patient Activation &
- 3) Patient Engagement.

Just giving a pamphlet or checking a box is not going to make patients empowered to ask questions. Seeing patients for 15 minutes in the clinic or 30 minutes during discharge from a hospital is not going to create a dent in healthcare costs. We need more involvement through the family and health caregivers. Everybody needs to be on the same page. To achieve this we need tangible touch-points and we are using the medium of a **5k Run/Walk**. You or one of your loved ones might have a condition. To fight it you need an easy way to remember. That is the sole reason we have devised our innovative, easy & "Vital" Checklists.

SUNDAY White Pine & Riverwalk
Nov 9th Trails, Big Rapids
2014

**What is behind the name www.iCrush.org?
 What are the other benefits of this website?**

Dr. Harpreet Singh MD, CEO and Founder of Vital Checklist empowers his patients with checklists, pictures and touch-points and many of his checklists start with the iCrush prefix, therefore we have named this event as **iCrush 5k**.

You can find free patient education videos on this website and you can be prepared to discuss your ailment with your doctor. We are trying to Flip the Clinic and help patients worldwide.

Before your diabetic appointment, you can go to **www.iCrush.org** and click on the free patient education videos and learn about the **iCrush Diabetes** program to get ready with all the questions you may ask your doctor, thereby helping you to better manage your diabetes.

Run/Walk the iCrush 5k to save health care dollars and empower patients. Those who cannot walk or run can also attend this **iCrush Wellness Program's Health Talk** prior to the race.

1:00 PM — FREE 15 min Diabetes Seminar by Dr. Harpreet Singh, CEO

2:00 PM — 5K Run **3:00 PM** — Prizes

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