

GOOD OL' 5K RUN



**Saturday,
June 11, 2011**

Race starts at 8 a.m. sharp!

**Poyner Elementary
1138 Central Ave.
Evansdale, IA**

- Race starts and ends at Poyner Elementary.
- T-shirt included with entry fee. No t-shirt guarantee after May 30th!
- Course is USATF certified and timing by Trekman Racing.
- Awards 1st-3rd. Trophies for Best Overall Man and Best Overall Woman. Ceremony after the race will be held at Poyner Elementary.
- Walkers welcome.
- Race Day Registration at 6:30 a.m.

Fruit & Bagels will be available following the race, courtesy of Fareway of Evansdale and Panera Bread

Age Groups	Entry Fee:
10 and under	Adults
11 - 18	\$17 up to May 27
19 - 29	\$20 up to June 3
30 - 39	\$23 up to race day
40 - 49	\$25 on race day
50 - 59	
60 and up	Kids 12 & under
	\$12 up to May 27
	\$14 up to June 3
	\$16 up to race day
	\$18 on race day

More fun events downtown Evansdale following the Run. Stop on over for Carnival Rides, Kids Tractor Pull, Bands, Jason Anhorn-Caricatures, Chloe the Clown Face Painter, and more. Look for brochures at the run!



SPONSORS



For more information contact Lisa 319-290-1123 or Christie 319-215-9616,
www.trekmanracing.com, or
www.EvansdaleChamber.com
Mail the entry form below with payment to:
Good Ol' 5K Run, c/o Lisa Deitrick, 1001
Schons St., Evansdale, IA 50707

Name _____

Phone _____

Address _____

City/State/Zip _____

E-mail _____

Date of Birth _____

Gender (circle one) M F

T-shirt size (circle one)

YM YL S M L XL XXL

The Evansdale Good Ol' 5K Run involves running and walking - activities which may include risks such as, but not limited to, falls, interactions with other participants, effects of weather, traffic and conditions of the road. In consideration of being allowed to participate in this event, I hereby expressly assume all risks, including personal injury and death, arising in any way out of my participation in the Good Ol' 5K Run. It is my responsibility to dress appropriately. Although route maps, rest stops, refreshments and other assistance MAY be made available during the event, I am solely responsible for my own health and safety. I represent and warrant that I am physically fit and able to participate in this event and I agree to stop and request assistance if I experience any symptoms such as, but not limited to, dizziness, excessive fatigue, shortness of breath, pain or any other conditions which would make it difficult or unsafe to continue. I agree, for myself, my heirs, executors and administrators, to not sue and to release, indemnify and hold harmless, the City of Evansdale, Evansdale Chamber of Commerce, its affiliates, officers, directors, volunteers and employees, and all sponsoring businesses and organizations and their agents and employees, from any and all liability, claims, demands, and causes of action whatsoever, arising out of my participation in this event and related activities - whether it results from negligence of any of the above or from any other cause. Further, I hereby grant full permission to the aforementioned parties to use my name, likeness, voice, photographs, video, or any other record of this event in which I appear for any legitimate purpose. This release and indemnification agreement shall be as broad and inclusive as is permitted by the state of Iowa. If any portion so it is held invalid, the balance shall continue in full force and effect.

Signature _____

Date _____