

Corn Carnival 5K Run/Walk

Held by the Gladbrook Gals and Guys 4-H Club

Saturday, June 27th 2009

6:30-7:30 a.m. Packet Pick-Up and Registration

8:00 a.m. 5K Begins

8:15 a.m. Kid's Fun Run Begins

9:00 a.m. Awards Presentation

Pre-register by June 20th, 2009

Run Divisions for Both Men and Women

15 & Under	35-39
16-19	40-44
20-24	45-49
25-29	50-54
30-34	55+

Course: The start/finish of the race will be North of Gladbrook Middle School

Awards

Overall Male Champion
Overall Female Champion
First Place Medal
Second Place Medal
Third Place Medal

Entry fee must be included with this entry

Fee: \$20 by June 20th, 2009; \$25 after June 20th, 2009

Make checks payable to the Gladbrook Gals & Guys 4-H club and forms are sent by June 20st to:
Taylor Petersen
1334 C Avenue
Gladbrook, IA 50635

WAIVER: I, the undersigned, declare myself in good physical condition and able to run/walk in the Gladbrook Gals & Guys 4-H Club's 5K Run/Walk. I will not hold the City of Gladbrook, Gladbrook Gals & Guys, or my political subdivision liable for any injuries or damages incurred to me during the run/walk.

Signature _____

And signature of parent or guardian if Participant is under 18 _____

Additional amount enclosed for donation to the Community Fitness Center \$ _____

Name _____

Address _____

Phone _____

Division: **Male** or **Female** (circle)

Age on race day: _____

Circle T-shirt size: S M L XL

(All entries received by June 20th will receive a race T-shirt; late entries will receive shirts as long as supplies last.)

If you will be walking, please write your estimated finish time for 2 miles here _____