

**Anamosa Community School District's
Nutritional Services Presents the 5th Annual
Raiders Racing for Life**

4K Run/Walk - Any Pace Welcome

Saturday, May 14th/Wapsipinicon State Park, Anamosa

The race will start and finish at the Wapsipinicon Park entrance.

Course Description: 4K (2.5 miles) Scenic out & back, flat paved road.

Race Day Schedule

7:30 – 8:15 a.m.

Registration

8:10 a.m.

National Anthem

8:15 a.m.

Li'I Raider Fun Run 1K (about ½ mile)

8:30 a.m.

4K Run/Walk

9:30 a.m.

Awards Presentation

Snacks & beverage provided after the race

Return Entry By May 9th/Adults \$ 25.00, Kids 5-18 \$15.00 (nonrefundable)

Name: _____ **Age** _____

Address: _____ **City/State** _____

Phone: _____ **Male** _____ **Female** _____

Shirt Size: **S** _____ **M** _____ **L** _____ **XL** _____ **XXL** _____ **YS** _____ **YM** _____ **YL** _____

Wavier-Condition: I hereby release Anamosa Community School District, all volunteers and sponsors from responsibility for any illness or injury sustained while I am participating in the 4k or Fun Run Event. By signing below, I am signifying that I am in proper physical condition to participate in this event. I give permission for the use of my name and picture in any broadcast, telecast, or print media account of this event. I have read this document & understand its contents.

Signature of Participant (parent/guardian if under 18):

Mail to Strawberry Hill Elementary, 203 Hamilton St, Anamosa, IA 52205

Payments may also be sent to the office at Elem, Middle or High School

Please make checks payable ACSD-Raiders Racing for Life

For additional information: Tammy Seeley 319-329-6590 or Deb Carver 319-462-3549

