

The 2009 New Horizons Scholarship 5K Fun
Run/Walk
Saturday, November 7 @ 9:00 a.m.
Gilbert, Iowa

ABOUT THE RACE: The New Horizons Scholarship 5K Fun Run/Walk is run through the very flat town of Gilbert, Iowa. This will be a fast course running through the neighborhoods and bike path around the three school buildings of Gilbert Community Schools. **All proceeds will help fund the New Horizon Scholarship's that are offered to the class of 2010.** There will be a FREE pancake breakfast for all entrants between 8:00-11:00 AM. Non participants of the run can eat for \$5.00.

LOCATION: Gilbert is just 4 miles north of Ames and one mile west off of Highway 69. The start and finish of the race will be outside of the high school building near the flagpole.

PACKET PICKUP: Packets will be available in the high school commons starting at 8:00 AM. Due to having to make t-shirt orders early, race day entrants are not guaranteed a t-shirt.

COURSE: The extremely flat and fast 5K (3.1 miles) course is on city streets and on a one mile section of a bike path. The course will be measured very accurately using a measuring wheel.

AWARDS: There will be two awards each in the following divisions: 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over.

OTHER: T-shirts will be available to all participants who have registered by October 30, but will not be guaranteed for race day entrants. Do not send in your entry form after October 29 or we cannot guarantee registration. There will be race day registration for an additional two dollars.

QUESTIONS? Call Paul Jacobson at 515 232-3738 or email jacobsonp@gilbert.k12.ia.us.

Thanks in advance!

New Horizons 5K Entry Form
Downloaded at www.FitnessSports.com

Name (last name/first name)

Mailing Address and City

Zip Code _____ State _____

Age as of 11/07/2009 _____ Male/ Female _____

Shirt size (circle one) S, M, L, XL, XXL (Add \$2.00 for XXL)

Phone number _____

Email Address _____

Please Note: One person per entry? All boxes completed? Release signed? Mailed by deadline? Correct amount paid?

ENTRY FEE

If you would prefer not to have a shirt you may deduct \$ 8.00!

\$18 dollars if postmarked ON or BEFORE October 29. Includes FREE pancake breakfast between 8-11 in the high school commons.

\$20 dollars on race day. Includes FREE pancake breakfast between 8-11 in the high school commons.

In consideration of acceptance of this entry, I intending to be legally bound hereby, for myself and administrators, waive and release any and all right and claim for damages I may have or that may hereafter accrue to me against all sponsors, contributors, supporters and officials associated with race and event, their representatives, successors and assigns for any injuries incurred by me during, because of, or in travel to or from race or event.

Date: _____ Signature: _____

Parent Signature: _____

Parent Signature: if participant is under 18 years old.

Send check or money order to New Horizons Scholarship c/o Paul Jacobson, 103 Mathews Drive, Gilbert, Iowa 50105

Do not send after the due date of Thursday, October 29! No refunds!!!