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IOWA VALLEY GIRLS BASKETBALL 5K ROAD RACE

*mile fun run will start after the 5K and be untimed

During the race there will be a free meal for registered runners at the high school.

5K ROAD RACE or Mile Fun Run (walk or run)



Sponsored by Iowa Valley High School Girls Basketball Team ENTRY FORM

(one form is needed for each participant)

AGE DIVISION (circle one):
YOUTH - 18 and under / ADULT

T-SHIRT SIZE (circle one)
(Note: shirts are guaranteed for runners registered by October 31)

CHILD: S M L

ADULT: S M L XL XXL

NAME: _____

Male or Female _____ Phone: _____

Address: _____

City: _____ State _____ Zip _____

E-mail address: _____

Circle one: 5K Race / Mile Fun Run/Walk

Entry Fees: (Checks made out to Iowa Valley Girls Basketball)

ADULT Entries postmarked by: October 31 **\$18.00**

YOUTH Entries postmarked by: October 31 **\$15.00**

*All entries postmarked after October 31 is not guaranteed a shirt.

*Anyone may register the day of, but a t-shirt will not be guaranteed.

**SATURDAY NOVEMBER 14, 2009
9:00 am at Marengo, Iowa**

Mail this entry form, race fees & a signed waiver to:

John Bowlin
359 East Hilton St
Marengo, Iowa 52301

For more information call:

John Bowlin
319-642-3332

Or email:

jbowlin@iowa-valley.k12.ia.us

All participants must have a signed waiver before the race begins. One form is need for each participant.

****The following waiver must be signed by each participant:**

I know that running/walking is a very strenuous and potentially hazardous activity. I realize that I should not enter and participate unless I am medically able and properly trained. Knowing this, I certify that to the best of my knowledge, I am in excellent physical condition and have no medical condition that could likely worsen by participation in the event. Furthermore, I certify that I have trained properly for this event and agree to abide by any decision made by a race official concerning my participation in the event.

I am fully aware and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, the effect of weather, including extreme cold or heat, humidity, wind, snow, rain, ice or conditions on the road, and I appreciate and assume all risks associated with the presence of vehicular traffic on the race course. I am also fully aware that I am solely responsible for my own safety while traveling to and from all events associated with the Iowa Valley Girls Road Race.

In addition, I fully understand that the wearing of headphones while participating in this event could be potentially hazardous to my safety. I further understand that the sponsoring organizations and entities have recommended against the wearing of headphones while participating in this event.

Having read this waiver and knowing these facts and in consideration of you accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release the Iowa Valley Community School District, the cities in which the race is conducted, the race coordinators, all sponsors, race officials, volunteers, their representatives, successors, or assignees for any and all claims or liability for death or damages, for all injuries to me or my property arising out of or in connections with this event, including without limitation, claims or liabilities resulting from those matters described in the preceding paragraphs. This waiver extends to all claims of any kind or nature, whether foreseen or unforeseen, known or unknown. Furthermore, I grant permission to all foregoing organizations and entities to use any photographs, motions pictures, recordings or any other record of this event for legitimate purposes. In addition, my signature below verifies that I have read and agree to the terms stated above. A facsimile of my signature is a valid signature for this waiver. I understand that the entry fees are non-refundable.

Signature _____
(Parent or guardian signature is required for participants under the age of 18)

WHEN:

Saturday November 14, 2009

WHERE:

Iowa Valley High School
359 East Hilton Street
Marengo, IA 52301

TIME:

5K starts at 9:00 AM

AWARDS:

Medals to top 3 finishers in the male and female divisions for adult and youth age groups

REGISTRATION:

Register and pick up shirts from 7:30 . 8:30 A.M.