

# Atkins Watermelon Days Road Race

## 5K Run and 1 Mile Run/Walk (Friday Night)

### Friday, August 5, 2016 – 6:30 P.M.

(Proceeds go to support the Benton Community Cross Country Team)

COME FOR THE RUN- STAY FOR THE FUN – FOOD AND GAMES AVAILABLE AFTER THE RACES - SPONSORED BY THE ATKINS COMMUNITY CLUB.

**Start –Finish:** Located at the Atkins City Park Pavilion located on the west side of the park. Race start times are 6:30 P.M. The course will be on streets and city grass trails. Packet pick up begins at 5:30 P.M.

Walkers: We encourage walkers in the 1-mile event  
1 Mile Run & Walk: \$5 entry fee awards given to top 3 finishers over all.  
1 Mile participants will not receive a t-shirt/bag

5K: Females: 13 & Under, 14–19, 20-29, 30-39, 40-49, 50–59, 60–69, 70 & Over  
Males: 13 & Under, 14–19, 20-29, 30-39, 40-49, 50–59, 60–69, 70 & Over

**Awards: Medals will be given to the top 3 places in each division and trophies to overall male & female runner**

Registration Fee:

- € \$5 for all 1 Mile participants (shirts not included)
- € \$20 if received by July 15<sup>th</sup>. Includes shirt (5K Race)
- € \$25 if mailed after July 15<sup>th</sup> or paid on race day (5K Race) (shirts guaranteed)
- € \$15 No shirt option (5K Race)

Checks payable to Atkins Community Club Fun Run

Enjoy bottled water, watermelon and other snacks after the race. Also you must be present to win great prizes from our list of sponsors!

Mail Registration To

Atkins 5K Run  
Attn: Marty Thomae  
203 Cherry Street  
Van Horne, IA 52346  
If questions please e-mail: [mthomae@benton.k12.ia.us](mailto:mthomae@benton.k12.ia.us)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ E-Mail \_\_\_\_\_

Shirt Size: S M L XL XXL

Age on 8/5/16 \_\_\_\_\_ Sex: M F Event: 5K \ 1 Mile Run/Walk

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors, administrators, Benton Community Club Fun Run, Benton County, and all employees and/or affiliates waive any and all rights and claims for damages I may have against individuals associated with the event, sponsors, and officials, for any and all injuries suffered by me during, because of, or in travel to and from said event, I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature or Signature of Guardian if under 18 \_\_\_\_\_ Date \_\_\_\_\_

