



13th Annual Old Roundhouse Trail Days 5k Run/Walk

Elma, Iowa

Saturday, July 13, 2019, 8:00 a.m.

The 13th Annual Old Roundhouse Trail Days 5k (Elma 5k) begins at Lylah's Marsh (shuttle busses will depart from the Memorial Hall in Elma to the starting line). The event follows the Old Roundhouse Trail and concludes just north of the water tower in Elma. Pancake breakfast (included in entry fee) and awards presentation takes place immediately following the race at the Memorial Hall. Join us on one of the flattest, fastest, scenic, and certified (IA 10011MF) courses in Northeast Iowa.

Entry Fee \$15.00 Early Registration, prior to June 28, 2019
\$20.00 Late Registration, after June 28, 2019 through July 12, 2019. No guarantee for shirt and/or goody bag.
\$25.00 Same Day Registration (July 13, 2019). No guarantee for shirt and/or goody bag.

Early Packet Pick Up & Registration @ Memorial Hall, Friday, July 12, 2019 from 4:00-6:00 pm

Race Day Information, Saturday, July 13, 2019

6:00 am -- Memorial Hall in Elma opens for packet pickup and late registration
6:45 am -- First shuttle bus departs Memorial Hall for Lylah's Marsh (starting line)
7:15 am -- Late Registration / packet pick up ends
7:30 am -- Last shuttle bus leaves Elma
8:00 am -- Race Begins at Lylah's Marsh / Pancake Breakfast begins at Memorial Hall (included in entry fee)
9:15 am -- Awards and medals presentation at Memorial Hall (approximately)
11:00 am -- Parade begins and other events continue throughout the day.

Course Records: Pre-Certification (2007-2009) John Medlin 17:19 (2009) Jenna Fitzgerald 20:18 (2009)
Post-Certification (2010-current): Claire Brandt (2016) Alana Enabnit 18:42 (2011)

Same day registration: 6:00 until 7:15

Last shuttle bus leaves Elma at 7:30 - Race will start promptly at 8:00

Old Roundhouse Trail is asphalt the entire distance from Lylah's Marsh to Elma.

Check out our website: http://sites.google.com/site/runelma/

DRI FIT SHIRT (Standard cotton shirt included in entry fee. If dri-fit shirt is desired, add \$5 to entry fee)

Contact us with any questions, elma5k@yahoo.com or telephone Marian McGee at 641.393.2539

Follow "Run Elma" on Facebook

Entry Form

Name _____ Amount Enclosed _____
Mailing Address _____ Registration fee _____
City _____ State _____ Zip _____ Dri-fit Shirt upgrade (add \$5) _____
Age on 7/13/19 _____ Gender _____ Email Address _____ Trailhead Donation (optional) _____
Adult Cotton Shirt (Circle one): S M L XL XXL(add \$2) OR Dri-Fit Shirt, Add \$5, S M L XL XXL Total Enclosed _____
Child Cotton Shirt 6-8 10-12 14-16 18-20 OR Child Dri-Fit, Add \$5, 6-8 10-12 14-16 18-20

Signature (Parent if under 18) _____ Date _____ Sorry, No Refunds

Return entry form and payment to: Marian McGee, 5k Run/Walk | 409 2nd St | Elma, IA 50628 (Checks payable to BRIDGE)

In consideration of you accepting this entry I, the above signed intending to be legally bound hereby for myself, my heirs, executors, and administrators, contractually waive and release any and all claims for damages I may now or hereafter have against all sponsors, including, but not limited to BRIDGE, and/or the City of Elma, and/or Howard County Conservation, and/or Howard-Winneshiek Community Schools, for any and all injuries, including claims of damages suffered by me in this event as a result of my participation in and/or transportation to said race. I understand the race will be conducted on blacktop and gravel and it could be hazardous. Further, I attest that I have trained for this race and am of sound physical condition. I also grant full permission to the sponsors and authorize them to use any photographs, videotapes, motion pictures, recordings, or any record of this event for any legitimate purpose.

