



Pine Lake Trail 5K Run/Walk

Saturday July 30, 2016

Race Start: 8:30AM

LIKE us on FACEBOOK/Friends of Pine Lake State Park

Entry Fee

\$20.00 Before July 15th
\$25.00 July 15th to Race Day

Entries received before July 14th are guaranteed a race T-shirt. Entries received after and walk-ups are on a first come first serve basis only while supplies last.

Award Divisions

Overall Male & Female

14 & Under

15 - 19

20 - 29

30 - 39

40 - 49

50 & Up

Awards will be given to the top finisher in each division.

Race Info

Race will start at 8:30AM on July 30th at Pine Lake State Park
1/2 mile east of Eldora, IA on Hwy S56.
Race start and registration will be the Lower Pine Beach House.

Registration begins at 7:15AM

Refreshments will be served following the race.

Race Proceeds and Donations benefit the Friends of Pine Lake to help keep Pine Lake State Park beautiful.

PLEASE MAIL ENTRY FORMS TO: FRIENDS OF PINE LAKE PO BOX 221 ELDORA, IA 50627

Make Entry Fee checks payable to: Friends of Pine Lake

Race Forms also available at: fitnesssports.com/races/july.html

Like us on Facebook/[friendsofpinelakestatepark](https://www.facebook.com/friendsofpinelakestatepark)

Name: _____ Age: _____ Birthdate: _____

Address: _____ Gender: M F
Circle One

City: _____ State: _____ Zip: _____ Phone: _____

Emergency Contact: _____ Phone: _____

Email: _____ : Runner Walker
Email will be used for Pine Lake Trail 5K race purposes only.

T-Shirt Sizes: S M L XL XXL
Circle One

Waiver of Liability and Consent to be Signed by Contestant:

In consideration of my acceptance of this entry, I hereby, for myself, my heirs, executors, and/or administrators, waive any and all rights and claims for damages I may have against individuals associated with the *Pine Lake Trail 5K* or the *Eldora Pine Lake Festival*, all sponsors, officials, representatives, successors, and assignees for any and all injuries suffered by me during, because of, or in travel to or from the 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.

Signature: _____

Date: _____

(parent or guardian must sign if under 18 on day of race.)

Pine Lake Trail 5K Run/Walk

Experience one of the great 5K challenges in Iowa. Join us for our beautiful run/walk around Pine Lake State Park. Located a half mile East of Eldora on Highway S56, the Pine Lake Trail 5k will take participants along rustic CCC constructed trails and winding bike paths.

Pine Lake State Park is one of the hidden gems of the Iowa State Park system. 2.5 miles of paved bike trails have easy access to the nearby cosy towns of Hardin County including Eldora and Steamboat Rock.

PINE LAKE TRAIL 5K SPONSORS

American Family Insurance	Thrivent Financial
Pine Lake Produce	Fidelity Abstract
Dean Strickrod DDS	Vision Health Center
All Around Travel	Salvo's Fitness
Eldora Iowa Realty	Napa Auto Parts
Whink Services	LaVelle Lawn Care
Whink Products	Hy-Vee
Clemens Hardware	Fareway
Hardin County Savings Bank	
Plastic Recycling of Iowa Falls	
Eldora Tire	
Eldora Plumbing and Heating	
Great Western Bank	
Barlow Family Foundation	
Greenbelt Bank & Trust	
Hardin County Endowment Fund	
Eldora Family Chiropractic & Wellness Center	

Pine Lake Trail 5K Run/Walk Eldora, Iowa July 30th, 2016 8:30AM



PO BOX 221
Eldora, IA 50627



Pine Lake Trail 5K
Run/Walk

Eldora, Iowa

July 30th, 2016

Registration: 7:15 AM
Race Start: 8:30 AM

Sponsored by:



Race Proceeds to benefit the
Friends of Pine Lake