

13th Annual Swisher Fire Department 5k Run & Walk & Kids Fun Run

WHAT: 5k RUN/Walk & Kids Fun Run (Kids fun run is free & for kids 10 and under ONLY!!)
WHEN: Saturday, July 29th, 2017 **Registration** 6:30am-7:15am, **5k** 7:30am, **Kids Fun Run** 8:30am
WHERE: **Registration** at the American Legion Pavilion, 68 3rd St. SE Swisher, IA, 52338
Race Start and Ends behind the stage at the American Legion Pavilion

Awards Overall Male and Female 5k run and 5k walk receive trophy
1st place in 5k Run in each age group receives trophy, 2nd & 3rd receive medals
1st place in 5k Walk overall receives trophy, 2nd & 3rd overall receive medal (no age group awards in walk)
• Walkers must have one foot contacting the ground at all times, NO Running!!
Top 3 Overall Kids Receive Medal in fun run (All kids in fun run receive ribbon)
One Award to Fastest Family (Combined Average time of 3 or more members of household)
One Award to Fastest Fire Dept Team (Combined Avg time of 3 or more Fire Dept Members)

Proceeds: All proceeds will go to the Jefferson Monroe Fire Department (Swisher). Thank you for your Support!

Online Registration at: www.GetMeRegistered.com

Name: _____ <small>Please Print</small> LAST FIRST	Exact Age _____	Race Entry (Must Check One)
Address: _____ STREET APT	14&Under _____	5k Run _____
CITY STATE ZIP	15-19 _____	5k Walk _____
Phone _____	20-29 _____	Family 5K _____ (Write Family/Team name)
Email _____	30-39 _____	Fire Dept _____ (Write Dept Name)
	40-49 _____	400yd Fun Run _____ (Free for ages 0-5)
	50-59 _____	½ Mile Fun run _____ (Free for ages 6-10)
	60&up _____	

Mail to:
Rae Lynn Lamparek
1296 Derby Ave NW
Swisher, IA 52338

Entry Fee:
Before July 15th \$15.00 (add \$5.00 for t-shirt)
After July 15th \$20.00 (t-shirt not available)

Make Checks payable to: Swisher 5K Run

Questions? Call (319) 522-1635 or email runlamparek@southslope.net

Adult Cotton Shirt Size (circle one) S M L XL XXL (add \$2.00)

IF YOU WANT A TSHIRT YOU MUST PRE-REGISTER BY JULY 15th (WE DO NOT ORDER EXTRA)

Optional: Kids t-shirt is optional for \$6.00 to pre-registered kids by July 15th.

Kids Shirt Size (circle one) 6-8 10-12 14-16

Special Family Discount: Deduct \$5.00 from one entry fee if have 3 or more family members participate in 5k Run / Walk

Waiver: In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors, assigns and administrators, waiver and release any and all rights and claims against the City of Swisher, Race directors and volunteers for any and all injuries suffered by me in said event. I attest that I have full knowledge of the risks involved in this even and that I am physically fit and sufficiently trained to participate in this event.

Parent or Guardian for Kids Fun Run or if under 18 years old for any event Date: _____

Race Applicant signature Date: _____

