



Kick Start 2016 - 5K

“Run Like a Tiger”

September 5th, 2016



The race will begin at 8AM at the Tipton City Park

(Park Rd (East 9th St.) Tipton, IA 52772)

(The race route will be the Tipton Cross Country Grass Course)

Proceeds will benefit the Tipton High School Cross Country Team & Heartland Sports Complex

Registration prior to August 22nd: \$25

*T-shirts included

Registration after August 22nd: \$30

*T-shirts not guaranteed

Packets can be picked-up at the Heartland Sports Complex (42 Spruce St. Tipton, IA) on Friday, September 2nd and Saturday, September 3rd from 8AM-8PM

Race Day Schedule:

7:00AM – Race Day Registration Opens

8:00AM – Race Begins

***Medals will be awarded to top finishers in age bracket.**

Age Brackets:

14 and under

15-19 40-49

20-29 50-59

30-39 60+

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Name: _____ Age: _____

Address: _____ Circle M F

Phone: _____ E-mail: _____

T-shirt Size: (Circle One) Youth Small Youth Medium Youth Large

Adult Small Adult Medium Adult Large Adult XL Adult XXL

Please Attach Entry Fees. Checks can be made payable to: **Heartland Sports Complex** or **HSC**

In consideration of my participation in the Kick Start 2016—5K, I the undersigned, my heirs, executors and administrators consent to discharge, release and hold harmless the City of Tipton, Tipton Community School District, Heartland Sports Complex, volunteers and their affiliates, successors and distributors for claims ,actions, losses, damages or expenses for personal or bodily damage and property loss or damage incurred by me arising out of or in connection with my participation in this event. I hereby grant permission to the parties listed herein to use my name and photographs, videotapes, motion pictures, recordings or any other record of my participation in this event for any purpose. I have read the foregoing and am of legal age to consent to the waiver and have trained to the best of my ability for this event.

Signature: _____ Date: _____

(Parent Signature if under 18)