



18th Annual 5K Run/Walk & 1 Mile Fun Run Registration

When & Where	Packet pick-up will be from 7 AM-5:30 PM on Thursday, June 10 th and 7 AM-6 PM Friday, June 11 th at Athletico Physical Therapy. Race day packet pick-up and registration will start at 6:00 AM in the ADESA parking lot (1800 SE Gateway Drive) on June 12 th . The 5K will start at 7:00 AM with the Fun Run beginning at approximately 7:45 AM.
Included	5K Race will be Chip Timed. T-shirts will be given and refreshments will be available to all registrants. Prizes will be awarded to all winners in their respective age brackets with door prizes for finishers.
Fun Run	Kids age 12 and under can participate in the 1 Mile Fun Run. All kids that register and participate will be given a T-shirt, refreshments and a door prize. Places and times will not be recorded for the Fun Run.
Event Notes	Both races will start in the ADESA parking lot and be run through the residential areas in Grimes. All prizes will be distributed following the conclusion of the Fun Run. You must be present to win. Results will be posted on www.fitnesssports.com . Please thank them for their contribution. All proceeds will support the DCG Education Foundation.

(Only one participant per registration form. Please print.)

Name:	<input style="width: 95%;" type="text"/>	Race:	<input style="width: 80%;" type="text"/> 5K Run	<input style="width: 80%;" type="text"/> Kids' Fun Run
Birth Date:	<input style="width: 20%;" type="text"/> / <input style="width: 20%;" type="text"/> / <input style="width: 20%;" type="text"/>	Gender:	<input type="checkbox"/> M or F	
Address:	<input style="width: 100%;" type="text"/>			
Shirt Size (Circle One):	Mailing Address	City	State	Zip Code
Phone:	Adult: <input type="radio"/> S <input type="radio"/> M <input type="radio"/> L <input type="radio"/> XL <input type="radio"/> XXL (\$1 extra)	Youth: <input type="radio"/> YS <input type="radio"/> YM <input type="radio"/> YL		
5K Price:	<input type="text"/> () -	Email:	<input style="width: 100%;" type="text"/>	
	\$20 if received by May 29th. \$25 late registration fee/t-shirt not guaranteed.	Fun Run Price:	\$10 if received by May 29th. \$15 late registration fee/shirt not guaranteed.	

Release of Liability/Waiver

The undersigned acknowledges that the Governors Days Run/Walk is voluntary and that I am voluntarily participating. I hereby release the City of Grimes, Grimes Chamber & Economic Development, Athletico Physical Therapy, ADESA Car Auction, its officers, directors, and agents and all sponsors, race officials, and volunteers and all other parties from any and all liability whatsoever, including all claims, demands, or causes of action of every nature, which arise out of or are in any way connected with this race. The undersigned agrees that the above-mentioned parties shall be held harmless in the event of an accident-causing damages or loss of property or injury to the undersigned. I have read the foregoing Release, understand its terms, and freely and voluntarily sign the same.

Date: <input style="width: 95%;" type="text"/>	Signature (parent signature if under 18) <input style="width: 95%;" type="text"/>
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Registration Submittal Options

Mail or Drop Off Registration (Please Make Checks Out To: <u>Governors Days Run</u>)	Athletico Physical Therapy 241 SE Destination Drive Suite 200 Grimes, IA 50111
ONLINE REGISTRATION OPTION!	