

# Spring Fever 5K and 1 mile Run/Walk

April 4, 2009 9:00am

## Quincy Place Mall in Ottumwa

- \* 7:30- 8:45am- registration inside Quincy Place Mall (rear main entrance)
- \* 9:00am 1 Mile Run starts in Mall parking lot into Ottumwa Park and back
- \* 9:20am 5K Run/Walk (starts in mall parking lot into Ottumwa Park and back)
- \* \$15.00 entry fee, before March 23rd
- \* \$18.00 fee after March 23rd
- \* Medals will be awarded to the top 3 Male & Female in each age group
- \* A Plaque will be awarded to the top overall Male & Female finishers in the 5K only
- \* T-shirts are guaranteed to the first 100 entries

5K Run or walk	1 Mile Ages
<u>Men and Women</u>	<u>Boys and Girls</u>
14 & Under	7 & Under
15-19	8-10
20-29	11-13
30-39	14-16
40-49	17-19
50-59	20 & over
60 & over	

### Spring Fever 5K and 1 Mile run/walk

Downloaded at [www.FitnessSports.com](http://www.FitnessSports.com)

Name \_\_\_\_\_ Age \_\_\_\_\_ Circle Race: 5K 1 mile

Address \_\_\_\_\_ T-Shirt Size: YS, YM, S, M, L, XL, XXL

City/State/Zip \_\_\_\_\_ Phone \_\_\_\_\_

In consideration of your acceptance of the entry, I hereby for myself, my heirs, executors, administrators, waive any and all rights and claims for damages I have against individuals associated with the event, sponsors, City of Ottumwa, Quincy Place Mall and officials, for any and all injuries suffered by me during, because of, or in travel to and from said 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 in this event.

\_\_\_\_\_  
Signature or Signature of Guardian if under 18

\_\_\_\_\_  
Date

Make checks payable / mail to: **Rob Wonderlich**  
Address: 25969- 295<sup>th</sup> St  
Ollie, IA 52576  
Questions call: 641-667-3801