

24th ANNUAL TAMA LINCOLN BRIDGE FESTIVAL 5K RUN

WHEN: Saturday, May 17, 2008 at 8:00 AM

WHERE: Corner of 4th Street and McClellan Street in downtown Tama

ENTRY FEE: \$15.00 entry fee. Runner will receive a T-shirt if form is received by May 14.

REGISTRATION FEE ON RACE DAY IS \$20.00. Make check payable to Tama Run.

Entry fee must accompany registration form and is non refundable.

Any questions call Kirk or Amy Ridout at 641-484-3984.

Mail registration forms to: Kirk and Amy Ridout, P.O. Box 252, Toledo, IA 52342.

REGISTRATION: Late Registration 7:00 AM to 7:45 AM

Pre-Registration 7:00 AM to 7:45 AM

Race begins at 8:00 AM

Awards Presentation at 9:00 AM

COURSE: A new route on the South Tama Recreation Trail.

DIVISIONS: Men—13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Women—13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Medals for top 3 finishers in each age bracket. Trophy to overall first place male & female winners.

KIDS RUN at 9:30 AM. The run will take place on Tama Main Street.

For 3 year olds through 10 year olds. Ribbons for all runners! No entry fee required.

Downloaded at www.FitnessSports.com

NAME: _____ AGE ON 5/17/08: _____

STREET: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE NUMBER: _____ BIRTHDATE: _____

E-MAIL ADDRESS FOR RACE RESULTS: _____

SEX: MALE or FEMALE (circle one)

T-SHIRT SIZE: S M L XL (circle one)

Include entry fee of \$15.00 payable to Tama Run.

Mail to: Kirk & Amy Ridout, P.O. Box 252, Toledo, IA 52342.

Release of Liability

I, the undersigned, hereby declare that I am in good physical condition and able to run in the Tama Lincoln Bridge Festival 5K Run. I hereby intend to be legally bound, for myself, my heirs, executors and administrators, and waive and release any and all right and claims for any damage, demands and actions whatsoever arising out of my participation in the running event, I hereby release the City of Tama, Iowa, Tama-Toledo Chamber of Commerce, Tama Lincoln Bridge Festival Committee, sponsors, race officials and volunteers associated with the Tama Lincoln Bridge Festival celebration 5k run from any and all liability.

Signature of runner

Date

Signature of parent or guardian if runner is under 18 years of age.

Date

RETURN THE BOTTOM HALF OF THIS SHEET ALONG WITH YOUR ENTRY FEE.