

# SWISHER 5K Run & Walk & Kids Fun Run

**WHEN:** Saturday, August 7, 2010  
 Registration begins at 6:30a.m.  
 5K Run/Walk- 7:30 am Kids Fun Run - 8:30:am

**WHERE:** Registration at the American Legion Pavilion, Swisher, Iowa  
 Race starts and ends behind the stage at the American Legion Pavilion

**AWARDS** Overall male and female in 5k Run receive \$100 bonus  
 Top Three in each age group in 5k run receive awards  
 Overall male and female in 5k walk receive award  
 Awards, results and refreshments at the American Legion Pavilion after race  
 Results will be posted on Fitnesssports.com

**PRIZES:** All registered participants eligible for door prizes to be given away after awards at the American Legion Pavilion

**PROCEEDS:** All proceeds will go to the Monroe Hustlers 4 H Club

**WHY :** Run or walk in memory of my dear father Ivan or of a loved one you may have lost.  
Fill out form below and mail in or bring on race day:

<p><b>Name</b> _____                  Last (PLEASE PRINT) First</p> <p><b>Address</b> _____                  Street Apt.</p> <p>City State Zip</p> <p><b>Phone</b> _____</p>	<p><b>Age Division</b> _____ 13 &amp; Under                  _____ 14-18                  _____ 19-29                  _____ 30-39                  _____ 40-49                  _____ 50-59                  _____ 60-69                  _____ 70 &amp; Above</p>	<p><b>Race Entry</b></p> <p>_____ 5K</p> <p>_____ 5k Walk</p> <p>_____ 400 Yd Dash (FREE)</p>
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Downloaded at [www.FitnessSports.com](http://www.FitnessSports.com)

Mail to:  
 RaeLynn Lamparek  
 1296 Derby Ave. N.W.  
 Swisher, IA 52338  
 Questions call 319-846-3974

Sex \_\_\_\_\_ Male \_\_\_\_\_ Female

**Amount Paid: \$** \_\_\_\_\_  
 (optional No Tshirt fee Deduct \$5.00 )  
**Before July 24 \$15.00 After July 24 \$20.00**

**MAKE CHECKS PAYABLE TO SWISHER 5K RUN**

Adult Shirt Size (circle one) S M L XL XXL (add \$1.00)

**Kids run is free and does not include t-shirt – Kids t-shirt optional and can be purchased for \$10. 00**

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

*If race tshirts are gone on race morning they will be mailed out at a later date or you can choose no tshirt option which reduces your fee by \$5.00*

**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 event and that I am physically fit and sufficiently trained to participate in this event.

Race Applicant Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent or guardian for Kids Fun Run or if under 18 yrs old \_\_\_\_\_ Date \_\_\_\_\_

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