

“FARM BUREAU FINANCIAL SERVICES”

CLASSIC RACES

5K - 10K - 1 MILE

SIGOURNEY, IOWA

FRIDAY JULY 4, 2008

8:00 A.M. at Keokuk County Courthouse in Sigourney

Sponsored by “FARM BUREAU FINANCIAL SERVICES” of Sigourney

Race Directors: Randy Miller, Jody Miller & Peg Hammes

DISTANCE: *5K (3.1 miles) Run *10K (6.2 miles) Run *1 Mile Run or Walk

START/FINISH: At Keokuk County Courthouse in Sigourney on North side of the square. 5K and 10K will begin promptly at 8 A.M. The 1 Mile race will begin at approximately 8:05 A.M.

COURSE: The 5K and 10K races will be a single and double loop entirely on paved residential streets. The 5K loop is flat with 1 hill at the end. The 1 mile race is flat with 1 hill at the end. Splits will be given at 1, 2, 3, 4 and 5 miles. Walkers are welcome in the 1mile race. Time limit for 10K is 60 minutes due to scheduled parade start time.

AWARDS: 3 medals are given to each age division, male and female. Plaques to overall winners in each race.

& PRIZES (Not eligible for age division medals). One 18 speed bike will be given away from among all official entrants at 7:50 A.M. MUST BE PRESENT TO WIN.

5K: 15 & under, 16-19, 20-29, 30-39, 40-49, 50-59, 60 and over

10K: 19 & under, 20-29, 30-39, 40-49, 50-59, 60 and over

1 Mile: 6 & under, 7-9, 10-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50 & over

REGISTRATION: Pre-Register by sending a completed registration form and non-refundable check to “FARM BUREAU FINANCIAL SERVICES” Classic Races. Registration will be \$20.00 through June 30th, \$25.00 July 1st - 3rd. \$30.00 the day of the race. First 200 entrants are guaranteed a shirt. **PLEASE ENTER EARLY!!**

SEND ENTRIES TO: “FARM BUREAU FINANCIAL SERVICES”
ATTN: RANDY MILLER
23024 HWY 149, Sigourney, Iowa 52591

Entries may also be dropped off at Jody’s Togs and Tan, 104 South Main Street, Sigourney, Iowa 52591. *Entries can be dropped off at Jody’s until 5 pm July 3rd. Race packets can be picked up at Jody’s on July 3rd until 8 pm.

DETACH HERE AND MAIL (please print clearly) [downloaded at FitnessSports.com](http://FitnessSports.com)

Name: _____ Address: _____

Circle One: 5K 10 K 1 Mile _____

Circle One: Male Female Age as of 7/04/08: _____

T-Shirt: (circle one) S M L XL

I, the undersigned, have freely and voluntarily elected (and/or allow my child or children) to participate in the “Farm Bureau Financial Services” Classic 5K-10K-1 Mile Races on Friday, July 4, 2008 (the “Races”). I/we understand that I/we am under no obligation whatsoever to participate in this activity nor have I/we been coerced or otherwise persuaded against my/our will to participate. I (and/or my child/children) further declare that I/we are of proper health and physical condition to participate in this potentially vigorous activity.

In consideration of my (or my child/children’s) participation in the Races, I release, acquit, and forever hold harmless “Farm Bureau Financial Services”, its parent corporation(s), affiliates, subsidiaries, officers, directors, employees, representatives, agents, successors and assigns, from and against any and all actions, causes of action, claims, demands, damages, liabilities, judgments, costs, expenses and compensation, including damage to property, bodily or personal injury and/or death on account of or arising out of my (or my child/children’s) participation in the Races, including loss, theft, or damage to any personal property brought by the undersigned (or its child or children) to the Race.

Minor Child Name (if applicable)

Name Printed of Entrant or Parent/ Guardian

Signature of Entrant or Parent /Guardian

Date