Worth County Jaycees Northwood Founders Day 5K

When: September 8, 2012 at 9:00am

Where: Northwood, Iowa at the Worth County Fairgrounds 4-H Food Stand

Entry Fees: $20 postmarked before August 27th $25 postmarked after August 27th or day of race.

T-Shirts and Awards: All participants who register prior to August 27th will receive a short –sleeved t-shirt. Registrants after August 27th will receive a t-shirt on a first come first serve basis while supplies last **Not Guaranteed**!! Award medals will be given to the top 3 overall male and female runners. Award medals will be given to top 3 finishers in different age categories for men and women.

Race Day: Race day registration and packet pick up is from 7:45 am -8:45 am. at the 4-H Food Stand. Refreshments and snacks will be provided after the race. The course begins at the fairgrounds and continues throughout Northwood and finishes back at the fairgrounds. The course is flat with one short hill in Swensrud park.

About us: We are a newly formed group that is here to help the communities, organizations, and individuals of Worth County with benefits, fundraisers, and any other type of event that needs workers.

Proceeds: All proceeds from this 5k will benefit various groups and organizations in Worth County.

Contact: Mail entry forms and fee to:
Founders Day 5K
Worth County Jaycees
PO Box 301
Northwood, Iowa 50459

Questions call: Shane Buenzow
Phone (641) 390-0833
Make Checks Payable to:
Worth County Jaycees,

Founders Day 5K Run/Walk Official Entry Form

One person per form please, you may make copies

Name: _____ _____ Phone: (___)_____

Address: _____ Age: _____

City, State, Zip Code: _____ Male: _____ Female: _____

Adult Shirt Size: S ___ M ___ L ___ XL ___ XXL ___ Youth Shirt Sizes: S___ M ___ L ___

DISCLAIMER: I herby release the Worth County Jaycees, any sponsors, and volunteers from any liability for any injury or accident I may suffer during the course of this event. By signing below, I am signifying that I am in the proper physical condition to participate in the 5K run/walk.

Signature: _____ Date: _____

Printed Name: _____

:_____ Date: _____

Signature of legal guardian if under 18 years of age

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