

SPRING FLING FUN RUN/WALK 5K



Welcome!

Welcome to the Spring Fling 5K Fun Run & Walk. This race course is family-friendly, beautiful, fairly flat, partially shaded, and in the small-town community of La Porte City, Iowa. The course starts and finishes at the Union High School Track in La Porte City. Parking is available at Union High School (200 Adams Street). All participants must be registered and will receive a t-shirt.

All participants in the 5K Run/Walk must be registered!

Date: Saturday, March 16, 2013

Time: 9:00 a.m.

Location: Meet at the Union High School Track

Pre-Register by March 6, 2013

Cost: \$15 (includes free t-shirt, and refreshments)

Registration after March 6, 2013 and Race Day (6:45-7:45)

Cost: \$20 (includes free t-shirt, refreshments) (Not guaranteed a t-shirt if registering Race Day)

All proceeds go to Union High School After Prom

Age Divisions 5K Run/Walk

Under 14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

(Separate Male and Female Divisions for each age division)

Awards

Medals will be given to the top 3 finishers in each division. Trophies will be awarded to the top overall male runner and the top overall female runner.

Packet Pickup

Packets may be picked up on race day starting at 7:45 A.M.

All packets should be picked up by 8:45 A.M.

There will be a separate table for those who have pre-registered.

A water station will be available halfway through the race.

A post race refreshment party for all participants will also be held.



RUN/WALK for FUN 5 K

Spring Fling 5K Run/Walk Entry Form Cost: \$15 on or before 3/6/2013 (**\$20 After 3/6/2013**)

Make checks payable to **Union High School/After Prom** Mail to: Barb Bader, 5 Bruce Ln, La Porte City, IA 50651

Phone 319-342-3378 (319-240-3980) email: rbbader@lptel.net

Last Name: _____ First Name: _____ Age (on March 1): _____ Male or Female (circle one)

Mailing Address: _____ email address: _____

City: _____ State: _____ ZIP: _____ Phone: _____

Adult T-shirt Size (circle one) S M L XL XXL

I hereby absolve and release the Union High School, Union High School After Prom Committee, our sponsors, their agents, employees, successors, and assigns, from any and all liability, claims and causes of action by me or my heirs, successors and assigns arising out of or anyway related to my participation in or presence of the Fun 5K Run/Walk. I hereby state that I am physically fit to participate in the event and that I am full aware of the risks of injury related to participation at such an event, and I assume all risks in consideration of being allowed to participate.

Signature of participant

Parent or Guardian Signature if under 18

Date