

ATWOOD ELECTRIC INC
FUN RUN RACES
5K - 10K - 1 MILE

SIGOURNEY, IOWA SATURDAY, JULY 4, 2015

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

Sponsored by ATWOOD ELECTRIC INC of Sigourney

Race Directors: Norman Atwood, Stephanie Atwood & 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, 3, and 5 miles. Walkers are welcome in the 1 mile race. Time limit for 10K is 60 minutes due to scheduled parade start time.

**AWARDS:
& PRIZES** 3 medals are given to each age division, male and female. Plaques to overall winners in each race. (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 ATWOOD ELECTRIC INC FUN RUN.

Age	Cost	Date
18+	\$20	Through June 30
11-17	\$18	Through June 30
10 and under	\$15	Through June 30

Everyone, \$25.00 July 1st – 3rd. Everyone \$30.00 the day of the race, race day registration will be from 6:45-7:15. T-shirts will be available to those who register before June 29 !!!

SEND ENTRIES TO: ATWOOD ELECTRIC INC
ATTN: Stephanie Atwood
PO BOX 311, Sigourney, Iowa 52591

Entries may also be dropped off at Atwood Electric and H & M until 5 pm July 2nd. Race packets can be picked up at H & M on July 3rd until 6 pm. Credit card payment can be called in to Atwood Electric 641-622-3626. Scanned entries emailed to normanatwood@atwoodelectric.com

DETACH HERE AND MAIL (please print clearly)

Name: _____ **Address:** _____

Circle One: 5K 10 K 1 Mile _____

Circle One: Male Female **Age as of 7/04/13:** _____

T-Shirt: (circle one) YS / YM / YL / AS / AM / AL / AXL / AXXL **Email** _____

I, the undersigned, have freely and voluntarily elected (and/or allow my child or children) to participate in the "Atwood Electric, Inc." Classic 5K-10K-1 Mile Races on Saturday, July 4, 2015 (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 Atwood Electric, Inc, its parent corporation(s), affiliates, subsidiaries, officers, directors, employees, representatives, 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

