



15th Annual Elma Trail Days 5k Run/Walk
Elma, Iowa
Saturday, July 10th, 2021, 8:00 a.m.

The 15th Annual Elma Trail Days 5k (Elma 5k) begins at Lylah's Marsh (shuttle busses will depart from the Memorial Hall in Elma to the starting line). The event follows the Wapsi Great Western Line Trail and concludes just north of the water tower in Elma. The pancake breakfast (included in the entry fee) and awards presentation will begin immediately following the race at the Memorial Hall. Join us on one of the flattest, fastest, scenic, and certified (IA 10011MF) courses in Northeast Iowa.

Entry Fee	\$15.00	Early Registration, prior to Friday, June 25, 2021
	\$20.00	Late Registration, after June 26 through July 9, 2021. No guarantee for shirt and/or goody bag.
	\$25.00	Same Day Registration (July 10, 2021). No guarantee for shirt and/or goody bag.

Early Packet Pick Up & Registration @ Memorial Hall, Friday, July 9, 2021 from 4:00-6:00 pm

Race Day Information, Saturday, July 10, 2021

- 6:00 am -- Memorial Hall in Elma opens for packet pickup and same day/late registration
6:45 am -- First shuttle bus departs Memorial Hall for Lylah's Marsh (starting line)
7:15 am -- **Late Registration / packet pick up ends**
7:30 am -- **Last shuttle bus leaves Elma**
8:00 am -- **Race Begins at Lylah's Marsh** / Pancake Breakfast begins at Memorial Hall (included in entry fee)
9:15 am -- Awards and medals presentation at Elma Memorial Hall (approximately)
11:00 am -- Parade begins and other events continue throughout the day.

Last shuttle bus leaves Elma at 7:30 – Race will start promptly at 8:00

*The Wapsi Great Western Line Trail is asphalt the entire distance from Lylah's Marsh to Elma.

*Check out our website: <http://sites.google.com/site/runelma/>

*DRI FIT SHIRT (Standard cotton shirt included in entry fee.) If Dri-fit shirt is desired, add \$5 to entry fee or if you need a 3XL or tall size, add \$3 to entry fee.

Follow "Run Elma" on Facebook

Entry Form

Name _____	Amount Enclosed
Mailing Address _____	Registration fee _____
City _____ State _____ Zip _____	(Add \$3 for XXXL shirt or Tall sizes) _____
Age on 7/10/21 _____ Gender _____ Email Address _____	Dri-fit Shirt upgrade (Add \$5) _____
<u>Adult Cotton Shirt</u> (Circle one): S M L XL XXL XXXL (Add \$3) Tall size (Add \$3)	Trailhead Donation (optional). _____
OR Dri-Fit Shirt: (Add \$5) S M L XL XXL XXXL (Add \$8) Tall size (Add \$8)	
<u>Child Cotton Shirt:</u> 6-8 10-12 14-16 18-20 OR Child Dri-Fit, Add \$5, 6-8 10-12 14-16 18-20	Total Enclosed: _____
Signature (Parent if under 18) _____	Sorry, No Refunds
Date _____	

Return entry form and payment to: Marian McGee, 5k Run/Walk | 409 2nd St | Elma, IA 50628 (Checks payable to BRIDGE)

In consideration of you accepting this entry I, the above signed intending to be legally bound hereby for myself, my heirs, executors, and administrators, contractually waive and release any and all claims for damages I may now or hereafter have against all sponsors, including, but not limited to BRIDGE, and/or the City of Elma, and/or Howard County Conservation, and/or Howard-Winneshiek Community Schools, for any and all injuries, including claims of damages suffered by me in this event as a result of my participation in and/or transportation to said race. I understand the race will be conducted on blacktop and gravel and it could be hazardous. Further, I attest that I have trained for this race and am of sound physical condition. I also grant full permission to the sponsors and authorize them to use any photographs, videotapes, motion pictures, recordings, or any record of this event for any legitimate purpose.