

## **Thanks to our Sponsors**

### **Title Sponsor**

BRIDGE Organization Inc. (Elma)

### **Platinum Sponsors**

Alliant Energy

Elma Sportsmen

Iowa Telecom

KMAX Farms (Elma)

New Hampton Electric Inc. (New Hampton)

O'Henry's Stitches and Prints (Cresco)

Peoples Savings Bank (Elma)

Wemark Chiropractic (Elma/Lime Springs/  
Ridgeway)

### **Gold Sponsors**

Colonial Manor of Elma/Afton Oaks

Conway-Kolbet Funeral Home (Elma/New Hampton)

Cresco Bank & Trust (Cresco)

Croell Redi-Mix Inc. (Elma/New Hampton)

C US Bank (Cresco)

Elma Area Community Foundation (Elma)

Fareway (Cresco)

Gerald McGee, Auctioneer (Elma)

Innovative Ag Services—IAS (Elma)

Mehmert Tiling Inc. (Saratoga)

Regional Health Services of Howard County  
(Cresco)

Tri-Mark (New Hampton)

Wacha Insurance Agency (Elma/Lime Springs)

Zeimetz Motors Inc. (Spring Valley, MN/Elma)

Zeimetz Service (Elma)

### **Silver Sponsors**

Busti Lumber (Elma)

D&J Quick Stop (Elma)

Elma Locker (Elma)

Donaldson Company, Inc. (Cresco)

Hawkeye Sanitation, Inc. (Cresco)

Northeast Iowa Appliance (Cresco)

Osage Veterinary Clinic (Osage/Elma)

Peoples Insurance Agency Ltd. (Elma/Charles City/  
Cresco)

### **Other**

Aspenson Real Estate (Cresco)

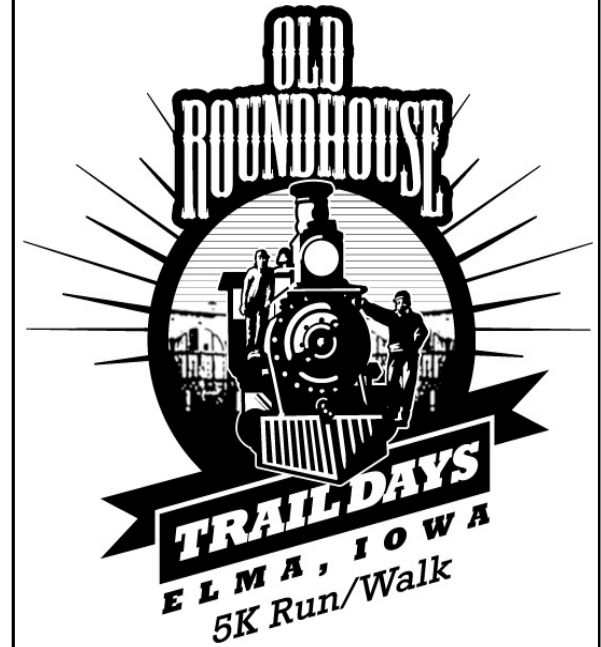
Jack & Darlene Byrnes (Cresco)

Hawkeye REC (Cresco)

Lentz Insurance Agency (Elma)

Old Roundhouse Trail Days 5K  
409 2nd Street  
Elma, IA 50628

# Elma's 3rd Annual



Saturday  
July 18, 2009  
8:00 a.m.

## Race Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (       ) \_\_\_\_\_

E-mail \_\_\_\_\_

Male \_\_\_\_\_ Female \_\_\_\_\_

Age as of July 18, 2009 \_\_\_\_\_

T-shirt sizes (adult) - Circle a size:

Small    Med    Large    X-Large    XXL

I will need transportation to starting line \_\_\_\_yes \_\_\_\_no

Entry Fee: \$15 by July 5, 2009

\$20 until 7:30 a.m. day of race  
(make checks payable to BRIDGE)

### Waiver of Liability

In consideration of you accepting this entry I, the undersigned 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, and/or Howard County Conservation 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 that the race will be conducted on public streets, blacktop and limestone screenings, and that 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.

Signature \_\_\_\_\_

(if under 18 years old, parent/guardian must sign)

Co-Signature \_\_\_\_\_

Please send payment and completed registration form to:

Marian McGee, 5K run/walk  
409 2nd Street  
Elma, IA 50628



## Old Roundhouse Trail Days 5K Run/Walk Elma, IA Saturday, July 18, 2009

For more information about this event, please contact Marian McGee: tel: 641-393-2539 or e-mail: [elma5k@yahoo.com](mailto:elma5k@yahoo.com).

The 5K run/walk is a point-to-point race. It will begin at Lylah's Marsh, located NW of Elma. The race will follow the Old Roundhouse Trail and will end in the town of Elma. Transportation to the starting line will be provided. Be sure to indicate on the entry form if you will need transportation.



### Notes:

- Late registrants are not guaranteed a t-shirt or goody bag
- No entry refunds
- No bikes or rollerblades, but strollers are welcomed.
- Results will be posted on [fitnesssports.com](http://fitnesssports.com).
- **Proceeds from this project will be donated to the Trailhead Project in Elma.**
- Please join the community of Elma for weekend events including a parade, games, activities, music, and a dance at the park.

**\*Race logo designed by  
Edward Gansen Design\***

*Entrants will receive a free breakfast (pancakes, eggs, & sausage), served by the Elma Sportsmen Club. Additional breakfast tickets can be purchased the day of the race for \$5 each.*

**Event:** Old Roundhouse Trail Days 5K Run/Walk

**Where:** Start at Lylah's Marsh. End in Elma under the water tower

**Date:** Saturday, July 18th, 2009

### Times:

6:45-7:30 a.m. Late registration/packet pickup at Memorial Hall at Busti Ave. & Plum Street in Elma (look for signs).

8:00 a.m. Race Start—Lylah's Marsh

9:15 a.m. (approx.) - Awards presentation at Memorial Hall

**Shuttle Bus:** First bus will leave Memorial Hall to Lylah's Marsh starting line approximately at 7:00 a.m. The last bus will leave at 7:30 a.m. Please arrive early. You may drive your car to Lylah's Marsh; however, no transportation to the starting line will be provided after the race.

**Water Station, Mile Markers, and Restrooms:** Water will be provided at the halfway point of the race. Refreshments will be available after the race at the finish line. Miles will be marked. Restrooms are available at Memorial Hall and outhouses are located at Lylah's Marsh.

**Awards:** 1st place trophies to overall male and female; 1st, 2nd, and 3rd place medals in all age/gender categories. No duplicate winners. Age categories: 12 & Under, 13-19, 20-29, 30-39, 40-49, 50-59, 60 & Up.

### Course Records

*Male - John Medlin (2008): 17:39  
Female - Jolene Bilharz (2007): 21:06*