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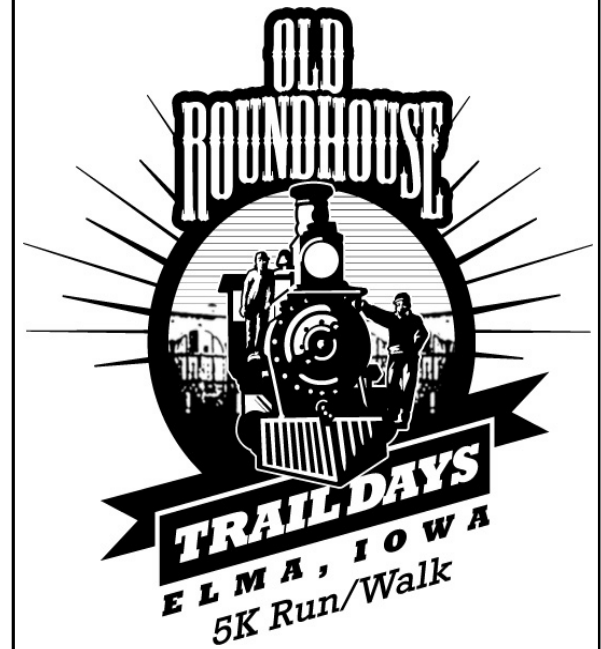
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Old Roundhouse Trail Days 5K
409 2nd Street
Elma, IA 50628

Elma's 2nd Annual



July 19, 2008
8:00 a.m.

Race Registration Form

Name _____

Address _____

City _____

State _____ Zip _____

Phone () _____

E-mail _____

Male _____ Female _____

Age as of July 19, 2008 _____

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

Small Med Large X-Large XXL

I will need bussing to starting line ____yes ____no

Entry Fee: \$15 by July 3, 2008

\$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 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 19, 2008

For more information about this event, please contact Marian McGee: tel: 641-393-2539 or e-mail: 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.
- **Proceeds of this event 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. More information can be found at <http://elmaia.com>. (click on the *Events* tab)

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

Course Records

Male

John Medlin (2007): 17:51

Female

Jolene Bilharz (2007): 21:06

Event: Old Roundhouse Trail Days 5K Run/Walk

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

Date: Saturday, July 19th, 2008

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

9:30 a.m. Awards presentation at Memorial Hall

Shuttle Bus: First bus will leave Memorial Hall to Lylah's Marsh starting line at 7:00 a.m. The last bus will leave at 7:30 a.m. 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 provided after the race at Memorial Hall. 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.

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