

11th Annual Old Roundhouse Trail Days 5k Run/Walk

Elma, Iowa - Saturday, July 15, 2017, 8:00 a.m.

The **11th Annual** Old Roundhouse 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 Old Roundhouse Trail and concludes just North of the water tower in Elma. Pancake breakfast (included in entry fee) and awards presentation take place immediately following the race at the Memorial Hall. Join us on one of the flattest, fastest, most scenic, and certified (IA 10011MF) courses in Northeast Iowa.

Entry Fee-\$15.00 Early Registration, prior to July 1, 2017

Late Registration- \$20.00 After July 1, 2017 through July 14, 2017. (No guarantee for shirt/ goody bag)

Same Day Registration- \$25 (July 15, 2017). (No guarantee for shirt/ goody bag)

Early Packet Pick Up & Registration at Memorial Hall, Friday, July 14, 2017 from 4-6 pm

Race Day Information, Saturday, July 15, 2017

6:00 am- Memorial Hall in Elma opens for packet pickup and 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

9:15 am- Awards and medals presentation at Memorial Hall (approximately)

11:00 am- Parade begins and other events continue throughout the day.

Same day registration: 6:00am until 7:15am

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

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

Standard cotton shirt included in entry fee. Additional \$3 for XXL size. If dri-fit shirt is desired, add \$5 to entry fee. Contact Justin VerMeer with any questions at justin.vermeer1@gmail.com or 641.229.6433

Entry Form

Name _____

Mailing Address _____

Registration fee \$ _____

City _____ State _____ Zip _____

XXL Shirt Size (add \$3) _____ **Age on 7/15/17** _____ **Gender** _____

Email Address _____ **Dri-fit Shirt upgrade (add \$5)**

Adult Cotton Shirt (Circle one): S M L XL XXL **OR** Dri-Fit Shirt, Add \$5, S M L XL XXL

Child Cotton Shirt **S** 6-8 **M** 10-12 **L** 14-16 **OR** Child Dri-Fit, Add \$5, **S** 6-8 **M** 10-12 **L** 14-16

Total Amount Enclosed \$ _____

Signature(Parent if under 18) _____

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.

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