



# 2007 Felix Grundy 5K

## And Kids' One Mile Fun Run

When: Saturday, July 7 8:00 a.m.  
Packet Pickup & Same Day Registration 7:00-7:45 a.m.

Where: Grundy Center High School  
(1006 M Ave, Grundy Center, IA)

Cost: \$12.00 on or before 6-23-07  
\$15.00 after 6-23-07  
\$50.00 each registered team of five  
(must register & include payment as a team)

Checks: Payable to:  
Karah Bomgaars—Felix Grundy 5K  
201 8<sup>th</sup> St Grundy Center, IA 50638  
(319) 415-9133 for more info

FREE Kids' Fun Run: One mile run open to kids ages 6-11.

(T-shirts not included)

### MEDAL AWARDS

Overall male & female winners

Top two male & female winners per age group

Overall Walk Winner

Fun Run Winners (1<sup>st</sup> & 2<sup>nd</sup> place boys & girls)

All participants are eligible to receive great raffle prizes!!

### AGE GROUPS

☐ 11 & Under

☐ 19-29

☐ 50-59

☐ 12-15 (NEW!)

☐ 30-39

☐ 60 & UP

☐ 16-18

☐ 40-49

Please detach here and return with payment to Karah Bomgaars

Downloaded at [www.FitnessSports.com](http://www.FitnessSports.com)

Final T-shirt orders will be placed on July 3rd

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Gender: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Age (as of 7-7-07) \_\_\_\_\_ T-Shirt size: S M L XL (not applicable to fun run participants)

Runner



Walker

WAIVER: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the city of Grundy Center or any sponsor or contributor to this event and their representatives, successors, and assigns for any and all claims for liability of any kind arising out of my participation out of this event. I agree to abide by any decision of the race official relative to my ability to safely complete this run. I assume all risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of the weather, traffic, and the conditions of the road, all such risks being known and appreciated by me. Further, I hereby grant full permissions to any and all of the aforementioned parties to use my name, likeness and voice, as well as any photographs, videotapes, motion pictures, or any other record of this event in which I may appear for any legitimate purpose.

Signature \* \_\_\_\_\_ Date: \_\_\_\_\_

\* By parent or guardian, required if applicant is under 18