

Felix Grundy 5K & 10K

For more information, please email
Andrew Peters, apeters@spartanpride.net
Or call 319-825-6210.

TITAN RACE SPONSOR MACHINERY

About the Event:

The 5k & 10k will take place during Felix Grundy Days in Grundy Center, IA. The event is co-sponsored by the Community Wellness Committee and the Grundy Family YMCA. This year's event will be held **Saturday, July 11th at 8:00am**. The 5k route will circle through the southern portion of Grundy Center and finish on the all-weather track. 10k route will cross Hwy 175 & Hwy 14, use sections of the limestone Pioneer Trail & finish on track.

All age groups are invited to participate in the 400 meter Fun Run following the 5k & 10k.

Entry Fee:

Adult Fee

- Pre-register by June 30, 2015 - \$15
- After June 30, 2015 & race day - \$25

Youth Fee (17 & Under)

- Pre-register by June 30, 2015 - \$8.00
- After June 30, 2015 & race day - \$12.00

T-shirts are included for all pre-registered participants and available for same day entrants while supplies last.

Directions to Grundy Center:

Grundy Center is located 7 miles south of Hwy 20 on Hwy 14, 25 miles southwest of Cedar Falls and 25 miles northeast of Marshalltown.

Check In:

Packet pickup and same day registration will be Saturday, July 11th from 7:00-7:45 a.m. Race begins at 8:00a.m. Same day registration will take place at the Spartan Stadium Track, 1006 M Ave.

Awards:

Awards for the 5k include:

(Given to 1st & 2nd male, female finishers in each age group)

Overall 5k & 10k winner - \$25 Scheels gift card

1st Place finishers - \$10 Scheels gift card

2nd Place finishers - Silver medal

11 & Under

12-15

16-18

19-29

30-39

40-49

50-59

60 & Up

10k 1st/2nd place finishers will receive medals!

Other Activities:

After the race, your entire family can enjoy a small town atmosphere and fun at Grundy Center's Felix Grundy Festival www.felixgrundyfestival.com!

Grundy County Challenge QUALIFYING RACE

Sponsored by the Grundy County Wellness Coalition

Mail this form to:
Grundy Family
YMCA
1006 M Ave
Grundy Center, IA
50638

Name: _____ Age: _____ Birth date: _____

Address: _____ City: _____

State: _____ Zip: _____ Sex: _____ Email: _____

Event (check one): Felix Grundy 5k ☐ Felix Grundy 10k ☐

T-Shirt Size (circle one): Men's S M L XL 2XL
Youth M L

I would like to make a donation to the Grundy Family YMCA and Community Wellness Committee in this amount: _____

FitnessSports
PROFESSIONAL RACE PREPARED

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors and administrators waive any and all rights and claims for damages I have against individuals associated with this event, their agents, representatives, sponsors, and the City of Grundy Center, for all and any injuries to me in this event. I attest and verify that I have full knowledge of the risks involved in this event and that I am physically fit and able to participate. I also give permission to use my name and picture in any publicity matters.

Signature: _____ Date: _____

(Parent/Guardian must sign if runner is under 18 years of age)