

Felix Grundy 5K

For more information, please email
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Or call 319-825-6210.

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MACHINERY

About the Event:

The 5k 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 9th at 8:00am**. The 5k route will circle through the southern portion of Grundy Center.

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

Entry Fee:

Adult Fee

- Pre-register by June 30, 2016 - \$15
- After June 30, 2016 & race day - \$25

Youth Fee (17 & Under)

- Pre-register by June 30, 2016 - \$8.00
- After June 30, 2016 & race day - \$12.00

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

Check In:

Packet pickup and same day registration will be Saturday, July 9th 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 will be given to 1st & 2nd female, male finishers in each age group
Overall male & female 5k winners will receive a \$25 Scheels gift card

1st Place finishers - \$10 Scheels gift card

2nd Place finishers - Silver medal

0-5	6-11
12-15	16-18
19-29	30-39
40-49	50-59
60 & Up	

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FitnessSports
www.fitnesssports.com

NEW! Online registration available at:

<http://getmeregistered.com/FelixGrundy5K>

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.

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

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

Name: _____ Age: _____ Birth date: _____

Address: _____ City: _____

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

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

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

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)