

# Grimes Farm Run ... July 9, 2011

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

\_\_\_\_\_  
**Name** (last, first) **Age** on 7/9/11 ☐ M ☐ F  
**Gender**

\_\_\_\_\_  
**e-mail** address - needed to provide race day updates,

\_\_\_\_\_  
**Mailing address -** **City** **State** **Zip**

## Race entered

☐ 8 K ☐ 5 K or ☐ 1.6 M

**Shirt Size?** Adult: S M L XL XXL  
Youth: S M L XL

In consideration for the opportunity to participate in this event, I release all groups and persons, including the Marshall County Conservation Board and Marshall County officials, sponsors, contributors, volunteers, etc. from any and all liability for any injury or damage whatsoever arising from any participation in this event. I also authorize any medical treatment deemed advisable by any licensed physician to relieve any injuries or illness while a participant or observer. I certify that I have read this document and agree with its contents.

\_\_\_\_\_  
Participant signature Date

\_\_\_\_\_  
Parent or Guardian signature Date

\$10 Kids race (includes T-shirt)

\$15 youth (up to 23 years) or

\$20 on Race day

No refunds!

\$25 adult pre-registration or

\$30 on Race day

Make checks **payable to** and **mail to:**

Grimes Farm Run,  
2004 Pinehurst,  
Ames, Iowa 50010-4561

All proceeds go to **Grimes Farm Nature Center Fund**