

Grimes Farm Run ...10th Anniversary

Downloaded at www.FitnessSports.com

Name (last, first)

Age on Race day

e-mail address -- needed to provide race day updates, e.g., road closures

Mailing address

City

State

Zip code

<input type="checkbox"/> Running	or	<input type="checkbox"/> Walking	<input type="checkbox"/> 5 K	or	<input type="checkbox"/> 10 K	<input type="checkbox"/> 1.6 M	<input type="checkbox"/> Male	or	<input type="checkbox"/> Female
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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

Make checks payable to and all proceeds go to **Grimes Farm Nature Center Fund**

- ☐ \$10 Kids race (includes T-shirt)
- ☐ \$15 youth (up to 23 years) or \$20 on Race day
- ☐ \$25 adult pre-registration or \$30 on Race day

Mail to: Grimes Farm Run,
2004 Pinehurst,
Ames, Iowa 50010-4561