



Paint the Town

5K Powder Fun Run/Walk

July 4, 2015 at 9:00 a.m.

Sacred Heart Gym, 601 First Avenue SE, Oelwein, IA

The Paint the Town 5K Fun Run/Walk is a non-timed event for all ages. There will be five colored powder stations along the route to decorate participants in a rainbow of non-toxic color. The finish line party will include music, games, food and fun.

Strollers and wagons welcome. No pets, please. Those with disabilities can be picked up along the route and taken to the finish line.

Entry fee will include a light colored t-shirt to be worn and decorated on race day.

NAME(Last): _____ (First) _____

ADDRESS: _____ PHONE: _____

CITY: _____ STATE: _____ ZIP: _____

Please circle t-shirt size:

YOUTH: YS YM YL **ADULT:** S M L XL 2XL 3XL
2XL and larger \$3.00 extra charge

IN CONSIDERATION OF THE ACCEPTANCE OF THIS ENTRY, I HEREBY, FOR MYSELF, MY HEIRS, EXECUTORS AND ADMINISTRATORS, WAIVE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY AGAINST INDIVIDUALS ASSOCIATED WITH THE "PAINT THE TOWN"-ALL SPONSORS, OFFICIALS, REPRESENTATIVES, SUCCESSORS AND ASSIGNEES-FOR ANY AND ALL INJURIES SUFFERED BY ME DURING, BECAUSE OF, OR IN TRAVELS TO OR FROM SAID EVENT. I ATTEST AND VERIFY THAT I HAVE FULL KNOWLEDGE OF THE RISK INVOLVED AND AM PHYSICALLY FIT AND SUFFICIENTLY TRAINED TO PARTICIPATE IN THE EVENT.

Signature _____

Parent/Guardian's Signature (Under 18) _____ Date _____

PLEASE RETURN BOTTOM PORTION OF THE REGISTRATION FORM AND YOUR ENTRY FEE TO:

Jean Logan—Oelwein Paint the Town 5K, 1001 Sixth Avenue SW, Oelwein, IA 50662

***Contact Mary Lou Cosselman with questions @ (319) 238-1048**

Individual Entry Fee: \$25

Make checks payable to Sacred Heart 5K
Sponsored by the Sacred Heart NCYC 2015 students and committee.

****PACKET PICK UP:** Race Day 7/4/15 beginning at 7:30 a.m.**

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Each registered runner can enter to win a new bike!

Where You Have the Right to B - FIT
FitnessSports
7230 University Ave, Windsor Heights, IA, 50324
515/277-4785, Fax 515/277-3854 or 800/529-7684