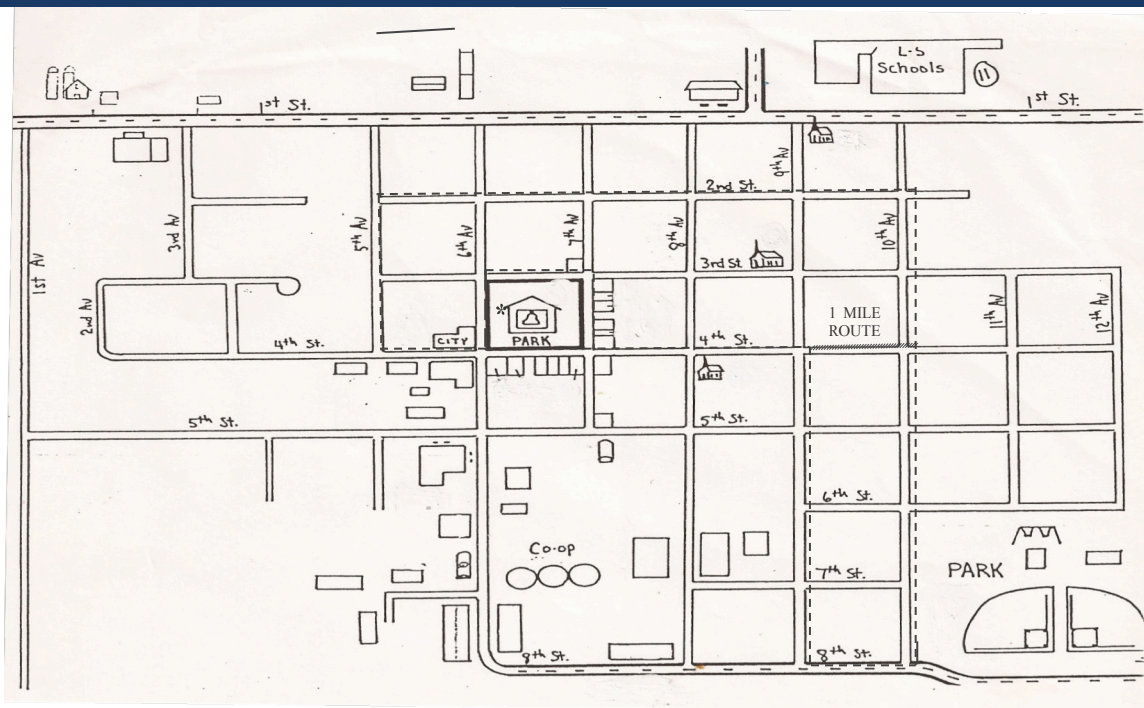


COURSE INFORMATION



1 MILE: Start on the west side of the square and make one full loop, remaining on 4th St. until 10th Avenue, turning left and the following the dotted lines until the finish. Finish with three left turns around the square to finish in front of the Sully Community Center.

5K: Start on the west side of the square, turn left onto 4th St., and make two complete loops according to dotted lines. At the end of the second loop, make three left turns around square to finish in front Sully Community Center.

Courses have been measured with GPS for accuracy.

QUESTIONS AND CONTACT INFORMATION

Darin Arkema, race director, at 641-780-3335 or email sullyfunrun@gmail.com

Mail registration forms to: Sully Freedom Fun Run

c/o Darin Arkema

8067 E. 124th St. S.

Sully, IA 50251

Like us on Facebook: <https://www.facebook.com/SullyFunRun>

24th Annual



July 4, 2019

8 AM - 1 mile

8:20 AM - 5K

9:10 AM - Kids Run

Sully, IA



Name: _____
Street address: _____
City: _____ State: _____ Zip: _____
Email address: _____

(Not shared with third parties, only used for race information)
Waiver: In consideration of acceptance of this entry I, intending to be legally bound hereby for myself and administrators, waive and release any and all right and claim for damages I may have or that may hereafter occur to me against all sponsors, contributors, supporters and officials associated with the Sully Freedom Fun Run, their representatives, successors and assigns for injuries incurred by me during, because of, in travel to or from the Sully Freedom Fun Run. I also agree to my picture and/or results to be used in promotional materials. I attest and verify that I have full knowledge of the risk involved with this event and am physically fit and sufficient prepared to participate in this event.

Signature _____ Date: _____
(Parent or legal guardian if under 18)

Mail to: Sully Freedom Fun Run, c/o Darin Arkema, 8067 E 124th St S., Sully, IA 50251

Age on 7/4/19

Sex: _____ M _____ F
Event: 1 mile 5K
Shirt size: (Circle one)
(guaranteed until June 21)
Youth: S M L XL
Adult: S M L XL
2XL (add \$2)

Notes:

One entry for each person
and/or event.
All sections filled out.
Release signed.
Correct amount enclosed.
No refunds.

1 MILE & 5K REGISTRATION

SCHEDULE OF EVENTS

8:00 AM.....1 MILE RUN/WALK
8:20 AM.....5K RUN/WALK
9:10 AM.....FREE KIDS RUN
9:20 AM.....AWARDS CEREMONY
10:00 AM4TH OF JULY PARADE

REGISTRATION

1 MILE REGISTRATION:

- \$10 postmarked by June 21
- \$15 postmarked by June 28
- \$18 June 29 to race day

5K REGISTRATION:

- \$15 postmarked by June 21
- \$20 postmarked by June 28
- \$25 June 29 to race day

ONLINE REGISTRATION: Register at
www.active.com

T-SHIRTS: T-Shirt ONLY guaranteed if paid
registration is postmarked by June 21.

RACE DAY REGISTRATION: Registration is at
the tent on the square and will begin at
6:45 and close at 7:45. Arrive with ample
time to get registered.

PACKET-PICK UP: Pick up your packet at
the tent on the square in the morning
from 6:45 to 7:50.

PARTICIPANTS: Participants of all ages are
encouraged to run or walk in either event.

AWARDS: Commemorative plaques: Top
three males/females in 5K; Top male and
female in 1 mile. Age group medals in 5K.

KIDS RUN: FREE. No t-shirt. Ages 8 and
under! Sign up on the 4th at tent by 9 am

DOOR PRIZES

All runners and walkers in 5K and 1
mile are eligible. After the race, show
your race number at the registration
table to draw for door prizes.

TIMING

Chip timing will be used, and results will
be available shortly after the race. The
1 mile will be timed for 15 minutes. The
5K will be timed for 50 minutes.

RACE INSTRUCTIONS

Wear your race bib visibly on the front of
your shirt or shorts. If you are running
with a younger child, do not cross the
finish line if you are not crossing the
finish line for yourself. Do not cross the
finish line more than once or without a
race number.

Only paid race participants should be on
the course wearing their assigned num-
ber unless accompanying a child.

PARKING

No parking allowed around the square.

REFRESHMENTS

Gatorade, water, and food will be provid-
ed after the race. Freewill donation pan-
cake breakfast at the Sully Community
Center courtesy of Sully Faithwalkers.

WEATHER

Race will be delayed for no more than
45 minutes due to inclement weather.
No refunds will be given for any
circumstance, weather or otherwise.

PROCEEDS

All proceeds benefit Lynnville-Sully Cross
Cross and Track Teams as well as L-S
Athletics.

Registrations forms available at www.lshawks.org, fitnesssports.com, or sullyia.com