

Keota Fun Run

June 12, 2010

1 mile, 5K, 10K

Start –Finish: The start and finish will be at the Keota Community Schools located on North Ellis Street. 8:00 am start. The course will be on paved, FLAT streets and roads. 5K and mile are out and back.

Walkers: We encourage walkers in both the 1-mile and 5K events.
No separate awards are planned.

1 Mile: 10 & Under, 11 & 12, 13 – 18, 19-39, 40 & Over

5K: Females: 14 & Under, 15 – 19, 20- 29, 30-34, 35-39, 40-49, 50 – 59, 60 & Over

Males: 14 & Under, 15 – 19, 20- 29, 30--39, 40-44, 45-49, 50 – 59, 60 & Over

10K: Females: 39 & Under, 40 & Over

Males: 29 & Under, 30-39, 40-49, 50 & Over

Awards: Medals will be given to the top 3 placers in each division and each 10 and under participant. A plaque will be given to the overall male and female in each event.

Registration: \$10 if mailed by June 1st, \$13 if mailed by June 1st with oversized shirts, XXL and XXXL
\$15 if mailed after June 1st or on race day until 7:45 am
Family Rate: After the first three in a household, each additional family member can enter at \$7.00 per person

Checks payable to Keota Fun Run

T shirts will be given to the first 120 entrants

Mail Registration To: Keota Fun Run
Craig McClenahan
PO Box 57
Keota, IA 52248

Or e-mail information to: craigtnt@mchsi.com

Name _____ Phone _____

Street _____ City _____ ST _____ Zip _____

E-mail _____ Shirt Size: S M L XL XXL XXXL

Age on 6/12/10 _____ Sex: M F Event: 1 Mile 5K 10K

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors, administrators, waive any and all rights and claims for damages I may have against individuals associated with the event, sponsors, and officials, for any and all injuries suffered by me during, because of, or in travel to and from said event, I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature or Signature of Guardian if under 18

Date