

THE TIPTON LABOR DAY 5K

September 6, 2009 – 5K @ 5:00 P.M./1 Mile - (after) Tipton, IA

RACE INFORMATION:

Trophies to overall male & female winners
 Medals to top three finishers in ten-year age groups in 5K
 Ribbons to all 1-mile participants
 T-shirts and refreshments available for all participants

CHECK-IN AND START AT THE GAZEBO IN THE CEDAR COUNTY COURT HOUSE SQUARE
 Registration for the 5K by Aug. 31, 2009 is \$15; after Aug 31 and race day is \$20
 Registration for the 1-mile is \$12 and \$15

RACE DAY REGISTRATION IS FROM 3:00 PM TO 4:45 PM.
 Contact William Bails at 319-331-7939 or roadrunr@mchsi.com
 Website is <http://roadrunner5k.home.mchsi.com>

PLEASE FILL OUT THE FOLLOWING FORM, SIGN THE WAIVER, AND MAIL TO:
 THE TIPTON CHAMBER OF COMMERCE
 P.O BOX 5
 TIPTON, IA 52772
 MAKE CHECKS PAYABLE TO: THE TIPTON LABOR DAY 5K

THE TIPTON LABOR DAY 5K

 FIRST AND LAST NAME

 ADDRESS

 CITY/STATE/ZIP

 PHONE

 E-MAIL ADDRESS

 BIRTH DATE

 AGE (race day)

 M/F

CIRCLE EVENT & T-SHIRT SIZE

T-SHIRT SIZE: S M L XL

EVENT

UNTIL

AFTER

8/31

8/31

5K

\$15

\$20

1 MILE

\$12

\$15

Waiver: In consideration of my participation in the Labor Day races, I the undersigned, my heirs, executors and administrators consent to discharge, release and hold harmless the town of Tipton, race sponsors, workers & volunteers and their affiliates, successors and distributors for claims, actions, losses, damages or expenses for personal or bodily damage and property loss or damage incurred by me arising out of or in connection with my participation in this event. I hereby grant permission to the parties listed herein to use my name and photographs, videotapes, motion pictures, recordings or any other record of my participation in this event for any purpose. I have read the foregoing and am of legal age to consent to the waiver and have trained to the best of my ability for this event.

 RUNNER'S SIGNATURE

 PARENT/GUARDIAN SIGNATURE (if runner under 18)