

**THE BRIAN THOMAS MEMORIAL 5K**  
**September 12, 2009 – 5K @ 8:00 a.m.**  
**STANWOOD, IA**

RACE INFORMATION:

Trophies to overall male & female winners

Medals to top three finishers in ten-year age groups in 5K

T-shirts and refreshments available for all participants

CHECK-IN AND START AT NORTH CEDAR HIGH SCHOOL

Registration for the 5K by Sept. 4, 2009 is \$15; after Sept. 4 and race day is \$20

RACE DAY REGISTRATION IS FROM 6:30 A.M. TO 7:45 A.M.

Contact William Bails at 319-331-7939 or [roadrunr@mchsi.com](mailto:roadrunr@mchsi.com)

Website is <http://roadrunner5k.home.mchsi.com>

PLEASE FILL OUT THE FOLLOWING FORM, SIGN THE WAIVER, AND MAIL TO:

THE BRIAN THOMAS MEMORIAL 5K

c/o WILLIAM BAILS

111 E. SOUTH ST.

TIPTON, IA 52772

MAKE CHECKS PAYABLE TO: THE BRIAN THOMAS MEMORIAL 5K

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**THE BRIAN THOMAS MEMORIAL 5K**

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FIRST AND LAST NAME

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ADDRESS

CITY/STATE/ZIP

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PHONE

E-MAIL ADDRESS

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BIRTH DATE

AGE (race day)

M/F

CIRCLE EVENT & T-SHIRT SIZE

T-SHIRT SIZE:    S    M    L    XL

EVENT

UNTIL

AFTER

9/4

9/4

5K

\$15

\$20

Waiver: In consideration of my participation in the Brian Thomas Memorial race, I the undersigned, my heirs, executors and administrators consent to discharge, release and hold harmless the town of Stanwood, 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.

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RUNNER'S SIGNATURE

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PARENT/GUARDIAN SIGNATURE (if runner under 18)