

Skunk River Stampede 5K and 1 mile Run/Walk  
July 31, 2010

7:30 a.m. – Fire Station Main St. Ollie, IA  
New EASIER 5K Course this year!

- \*6:45- 7:20am- registration at Fire Station
- \* 7:30a.m. 1 Mile Run starts at Fire Station
- \* 7:45am 5K Run/Walk starts (Participants will be shuttled to starting line)
- \* \$15.00 entry fee before July 24<sup>th</sup>
- \* \$18.00 fee after July 24<sup>th</sup>
- \* Medals will be awarded to the top 3 Male & Female in each age group
- \* A Plaque will be awarded to the top overall Male & Female finishers in the 5K only

5K Run or walk Men and Women	1 Mile Ages Boys and Girls
14 & Under	7 & Under
15-19	8-10
20-29	11-13
30-39	14-16
40-49	17-19
50-59	20 & over
60 & over	

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**Skunk River Stampede 5K and 1 Mile run/walk**

Name \_\_\_\_\_ Age \_\_\_\_ Circle Race: 5K or 1M M or F

Address \_\_\_\_\_ City \_\_\_\_\_ St \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email Address \_\_\_\_\_ T-Shirt Size: S M L XL XXL

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**Via RunningWall.com**

In consideration of your acceptance of the entry, I hereby for myself, my heirs, executors, administrators, waive any and all rights and claims for damages I have against individuals associated with the event, sponsors, City of Ollie, Jackson Township Fire Department 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

MAKE CHECKS PAYABLE TO: **Jackson Township Fire Department**

Address: 25969- 295<sup>th</sup> St Ollie, IA 52576

Questions call: 641-667-3801