

Janesville Days Fun Run

July 23rd, 2011

Welcome to the fourth annual Messiah Lutheran Church 5K Fun Run/Walk. Discounted T-shirts and free breakfast are included with your entry. T-shirts are available to participants for \$5. Runners under 18 have reduced entry fees. Age brackets have again be made smaller resulting in more awards.

Date: July 23rd, 2011

Time: 7:30 A.M. start

Location: 401 Main Street
Meet in front of the Post Office

Registration: Pre-register – through July 20th
Race Day: 6:30 – 7:15 A.M.

Cost:	Under 18 Pre-register	\$11
	Pre-register	\$14
	Under 18 Race Day	\$14
	Race Day	\$17

All entries include t-shirt discount.

All entries include a breakfast coupon.

MORE Divisions:

Under 14, 14-16, 17-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 58-64,65+

Awards:

Medals for top 2 male and top 2 female finishers in each age division.

Trophy for overall top male and top female

Breakfast:

The Fire Station is again hosting the pancake breakfast. The fire station is just 1 block away from the start/finish area. All participants will receive a free breakfast coupon. Additional tickets are available at the door. Bring the family!

There are many other activities associated with the celebration right on Main Street including the parade at 10:30. Join us for breakfast, the parade, kid's games and a street dance Saturday night. Stop in Friday night for music on Main and some of the best fireworks in the state. See

www.janesvilledays.com for complete details.

Check-in: 6:30 – 7:15 A.M on race day

Course: The course is fairly flat and partially shaded. Course has a _ mile gravel road section.

Two water stations will be available along the route. Water and fruit will be available at the finish line.

Course record set in 2009 of 16:45.

All proceeds go to the Messiah Lutheran Church and the Youth Education programs.

With questions or for entry forms, please contact Todd Bengen: bengens@iowatelecom.net
319 987-2247

Download entry at:

<http://www.janesvilledays.com> OR

<http://www.fitnesssports.com> OR

<http://www.messiahjanesville.org>



Where You Have the Right to B - FIT

Fitness Sports .com

7230 University Ave, Des Moines, IA. 50311
515/277-4785 or 800/529-7684

Janesville Days Fun Run Entry Form

Download at www.janesvilledays.com

Make Checks payable to: Messiah Lutheran Church

OR www.messiahjanesville.org

Mail to: Todd Bengen, 113 N. Birch Circle, Janesville IA 50647

OR www.fitnesssports.com

Phone: (319) 987-2247 bengens@iowatelecom.net

Last Name: _____ First Name: _____

Mailing Address: _____ email address: _____

City: _____ State: _____ ZIP: _____ Phone: _____

M or F (circle one)

Age (on July 23, 2011): _____

Event and Cost: (please circle one)

Preregister:

17 and Under: \$11

18 and Over: \$14

Race Day:

17 and Under: \$14

18 and Over: \$17

Note: Preregistration is available through July 20th

I hereby absolve and release the City of Janesville, Messiah Lutheran Church, our sponsors, their agents, employees, successors, and assigns, from any and all liability, claims and causes of action by me or my heirs, successors and assigns arising out of or anyway related to my participation in or presence of the Janesville Days 5K Run. I hereby state that I am physically fit to participate in the event and that I am full aware of the risks of injury related to participation at such an event, and I assume all risks in consideration of being allowed to participate.

Signature of Participant

(Parent or Guardian if under 18)

Date

Form downloaded at www.FitnessSports.com

