

Race Sponsors Include:

- *First State Bank of
Sioux Rapids and
Linn Grove*
- *Ranco Fertiliservice of
Sioux Rapids*
- *Greg Sundblad Seeds,
Sioux Rapids*
- *Northwest Iowa
Surgeons PC, Spencer*
- *KICD Radio Stations,
Spencer*
- *Middendorff Well Co.,
Sioux Rapids*
- *Bright Construction,
Sioux Rapids*
- *Sioux Rapids Chamber
of Commerce*

Tall Corn Days

5K-Walk/Run

Sioux Rapids, Iowa



Saturday, July 30, 2010

8:00 a.m.

*American Legion
Community Center,
200 Main Street, Sioux
Rapids, Iowa*

Packet Pick-Up & Registration

Packet pick-up and race day registration will be at the Sioux Rapids American Legion Community Center at 200 Main Street in Sioux Rapids on Saturday, July 30, 2010 from **7:00 a.m. until 7:45 a.m.**

Race Start

The 5K-Walk/Run will start and finish near the American Legion Community Center. **Start time is 8:00 a.m.**

Entry Fees

- **\$10.00 by July 24th**
- **\$15.00 after July 24th**

Checks should be made payable to: Sioux Rapids Chamber of Commerce, P.O. Box 119, Sioux Rapids, Iowa 50585. Phone: 712-283-2496.

Post-Race Activities

Snacks, fruit and beverages/water will be available for participants. Door prizes will be given ahead of the awards ceremony.

Plan to stay and enjoy the parade at 10:00 a.m., the food and many other Tall Corn Days activities.

Awards

The top 3 male and female finishers in each age group will receive medals. The male/female age groupings are:

- Novice (14 & under)
- 15 – 19
- 20 – 29
- 30 – 39
- 40 – 49
- 50 – 59
- 60 – 69
- 70 - Over

Pre-registered participants will receive a specially-designed Tall Corn Days T-Shirt

For More Information, contact:

- **Dan Skelton (712) 283-2110**
- **dskelton@webbwireless.net**

[Downloaded via RunningWall.com](http://RunningWall.com)

Tall Corn Days

5K-Walk/Run

Saturday, July 30, 2010

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Birth Date: _____ Age on Race Day: _____

Male: _____ Female: _____

T-Shirt Size: (Circle One)

S M L XL

Send check and completed entry form to: Tall Corn Days 5K
c/o Sioux Rapids Chamber of Commerce
P.O. Box 119
Sioux Rapids, IA 50585

In consideration of acceptance of my entry, I for myself, my executors and assignees, do release and discharge all sponsors and others from all claims of damages, actions and causes of action. I hereby attest that I am physically fit and able to participate in this event.

Signature: _____

Parent or Guardian signature if 18 or under