



1st Annual Fall Colors 5k Run/Walk and 10 Mile Run  
Elma, IA

Sunday, October 10, 2010 (10/10/10) 10:00 A.M.

Entry Fee: Early Registration, prior to September 25, 2010: \$15.00  
Late Registration, after September 25, 2010 through race day \$20.00

\*\*Note, late registrants are not guaranteed t-shirts\*\*

Race Day Information:

- 8:00 Packet Pickup / Late Registration at Memorial Hall, Elma
- 9:30 Registration ends
- 10:00 Events Begin on Trail just north of water tower
- 10:30 Lunch served at Memorial Hall (included in entry fee)
- 12:30 10 mile course will close. We will supply support for up to 15 minute miles

Awards presentation will be approximately 11:15 for the 5k and 12:45 for the 10 mile at Memorial Hall

Courses: 5k will be an out and back on the Old Roundhouse Trail, starting at water tower  
10 mile course - start at water tower, North on V-18 (Garden Ave), West on A46 (150th St), connect with Old Roundhouse Trail north of Lylah's Marsh, continue on trail and finish in Elma.

Follow "Run Elma" on Facebook and our website, <http://sites.google.com/site/runelma>, for news and event information.

Contact Information: email: [elma5k@yahoo.com](mailto:elma5k@yahoo.com)  
Telephone: Marian McGee (641) 393-2539

Join us in Elma for a once in a century event -- 10/10/10

-----Entry Form-----

Name _____	Amount Enclosed
Mailing Address _____	Registration Fee _____
City _____ State _____ ZIP _____	Ladies' Cut Shirt (add \$1) _____
Age on 10/10/10 _____ Gender _____ Email Address _____	Trailhead Donation (Optional) _____
Race (circle one) 5k      10 mile	Total Enclosed _____
Adult Shirt (circle one) S   M   L   XL   XXL OR Ladies' Cut Shirt, Add \$1, S   M   L   XL   XXL	Sorry, No Refunds

Signature \_\_\_\_\_ Date \_\_\_\_\_

Return Entry form and payment to: Marian McGee, 409 2nd St., Elma, IA 50628

**THE BEST PLACE  
TO FIND THE RACE**  
[RunningWall.com](http://RunningWall.com)

In consideration of you accepting this entry, I the above signed intending to be legally bound hereby for myself, my heirs, executors, and administrators, contractually waive and release any and all claims for damages I may now or hereafter have against all sponsors, including, but not limited to BRIDGE, and/or the City of Elma, and/or Howard County Conservation, for any and all injuries, including claims of damages suffered by me in this event as a result of my participation in and/or transportation to said race. I understand the race will be conducted on blacktop trails and roads and could be hazardous. Further, I attest that I have trained for this race and am of sound physical condition. I also grant full permission to the sponsors and authorize them to use any photographs, videotapes, motion pictures, recordings, or any record of this event for any legitimate purpose.