

LE GRAND PIONEER DAYS 5K RUN/WALK



Date: AUGUST 28, 2010

Time: 8:00 am

Distance: 5K (3.1 miles)

Registration & Packet pick up: 7:00 - 7:45 am at High School track

Awards:

Trophy for 1st female and male (not eligible for age group awards)

Medals for top 3 in each age group

Age groups

Female Age	1 to 12	13 to 19	20 to 29	30 to 39	40 to 49	50+
Male Age	1 to 12	13 to 19	20 to 29	30 to 39	40 to 49	50+

Start and finish at High School track

Mail entry form to:

Le Grand Pioneer Days

PO BOX 432

Le Grand Ia, 50142

Contact: Linda
641-479-2727

Le Grand Pioneer Days 5K Entry Form

Name _____

Address _____

City _____

Phone _____

Birth Date _____

Age on AUG. 28th _____

Sex M_ F_

Shirt Size S_ M_ L_ XL_

Run _____

Walk _____

Registration Fees:

\$15.00 before August 15th

\$20.00 After August 15th

Includes T-shirt

Without shirt entry \$7.00

Make checks payable to Le Grand Pioneer Days

Signature of Participant or Guardian if under 18 _____

Release of liability: In consideration of your acceptance of my entry, I hereby waive and release for myself, my heirs and executors, all rights and claims for damage against, the officials, sponsors and the City of Le Grand for any injuries suffered by me in connection with this event. I further certify that I am in good enough physical condition to participate in this event.