



# LINCOLNWAY 10

## Lisbon/Mount Vernon's Second Annual 10 Mile Run/Walk

10 Mile Run through scenic  
Lisbon and Mount Vernon, Iowa  
May 7, 2011

Sponsors: Lisbon 5-in-5 Committee, Lincolnway Golf Cars, Running Wild, Salon 30

**WHEN:** Saturday May 7, 2011  
Race time: 8:00 am, course open for 3 hours  
On site registration 7:00 – 7:45 am

**WHERE:** Lisbon High School, Highway 30, Lisbon, Iowa

[Online Registration Powered by Active.com](http://www.active.com)



[http://www.active.com/event\\_detail.cfm?event\\_id=1947876](http://www.active.com/event_detail.cfm?event_id=1947876)

**ENTRY FEE:** Includes Dri-Fit T-shirt and post-race food  
\$35 Advance Registration, up to April 28; \$45 After April 28 (shirts and preferred sizes not guaranteed after this date)  
Without T-shirt \$25 (Advance Registration); \$35 (Day of Race)

**AGE DIVISIONS:** Men's & Women's Divisions  
14 & Under 15 – 19 20 – 29 30 – 39 40 – 49 50 – 59 60 & Over

Prizes to top 3 overall male and female

Food will be provided at the high school following the race. Locker rooms available for showers.

For more information or additional entry blanks, contact Sue Nelson (319) 455-2012 or Elizabeth Olsem (319) 455-3211 or email [sjnelson@rockwellcollins.com](mailto:sjnelson@rockwellcollins.com)

### ENTRY FORM

(Advance Registration due April 28, 2011)

Only one entrant per form. Mail to Sue Nelson, 506 East South Street, Lisbon, IA 52253

Name \_\_\_\_\_ Gender M / F Birthdate \_\_\_\_\_ Age on 5/7/2011 \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address \_\_\_\_\_

T-Shirt Size (Circle one) **Adult** Small Medium Large XL XXL

I hereby release the City Of Lisbon and all volunteers from illness or injury that I may sustain while participating in the Lincolnway 10 Run/Walk. By signing below, I am also signifying that I am in proper physical condition to participate.

Participant Signature and Date \_\_\_\_\_

Parent or Guardian if under 18 years of age \_\_\_\_\_

Make Checks Payable to: **Lincolnway 10**