

Akron Summer Kickoff

5K Run/Walk

Sat. June 26th, 2010

Registration:

Pre-register by June 11th for discount rate
Race day registration from 7-8 am

Cost:

Early Registration by June 11th - \$10

Day of Run/Walk - \$15

(Cost includes a T-Shirt for all Participants, can only guarantee sizes for pre-registered participants)

Course Description:

This 5K course has paved streets, highway, trails, and grass.

Location:

Express Fitness & Health Club
(351 Highway 12 – Akron)

Race Day Schedule:

7AM– race day registration begins

8AM, start of 5K Run/Walk

Awards:

Awards will be presented to the 1st place male and female runner. Times will be recorded for everyone.

Please return the registration with a check to:

Express Fitness & Health

Attn: Mandy McCully

PO Box 77 – Akron, IA 51001

For more information:

Mandy McCully

(712) 568-2264

ENTRY FORM

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone:(_____) _____ Email: _____

Age: _____ (as of July 26, 2010) Sex: M F

Shirt size:(circle one) S M L XL XXL

Please Sign. Waiver: In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors and administrators do hereby release all sponsors of this race, their representatives, successors and assign from any and all liability arising from illness and/or injuries I may suffer as a result of my participation in this race. I attest and verify that I am physically fit and have sufficient training for the completion of the race. I also understand and agree that any sponsor may subsequently use for publicity and/or promotional purposes my name and/or photograph, videotapes motion pictures and recordings of me participating in this event without obligation of liability to me. I also understand that entry fees are not refundable. I have read the foregoing and certify my agreement by signature following

X . _____

All participants must sign on the line above.

If you are under 18 please have your parent or guardian sign