

1st Annual Laurens Alumni Run 5k Run/Walk

Saturday, July 24, 2010, 8:00 a.m.

The 1st Annual Alumni Run 5k Run/Walk will be held on the streets of Laurens, IA. The event is being held to honor all athletes and supporters of the Laurens Elks, Laurens-Marathon Chargers and Northwest Raiders athletic teams. These teams have enjoyed a great tradition of success throughout their history. This run/walk is being held to remember the 'good old days' as well as to reconnect with long lost teammates and acquaintances. The hope is to bring as many Alumni and friends in as possible. As well as allow our present athletes an opportunity to have a race to look forward to in the summer on the streets of Laurens. When thinking back on all the training runs that have taken place on these streets it is mindboggling. The run will coincide with The Laurens Summer Celebration held on July 23 and 24.

Entry Fee \$15.00 Early Registration, prior to July 13, 2010
\$20.00 Late Registration, after July 13, 2010 through race day. No guarantee for shirt with late registration.

Early Packet Pick Up & Registration @ FIT Exercise Studio, Friday, July 23, 2010 from 3-6 pm

Race Day Information, Saturday, July 24, 2010

6:30 am – FIT Exercise Studio opens for packet pickup and late registration.

8:00 am -- Race Begins in Downtown Laurens

9:15 am -- Awards and medals in front of Fit Exercise Studio

Become a fan of "Laurens Alumni Run" on Facebook!!

Laurens Alumni Run Entry Form

Name _____ Amount Enclosed _____

Mailing Address _____

City _____ State _____ Zip _____

Age on 7/24/10 _____ Gender (Circle one) **M** or **F**

Email Address _____ Adult Shirt Size (Circle one): S M L XL XXL

Signature _____ Date _____ Sorry, No Refunds

Return entry form and payment to: John Jamison, 5k Run/Walk; 302 S. 3rd Street Laurens, IA 50554

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 FIT Exercise Studio, and/or the City of Laurens, and/or Laurens-Marathon Community Schools, 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 and gravel and it 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.

