

Felix Grundy 5K

For more information,
please email
Andrew Peters at
apeters@spartanpride.net
or call 319-825-6210

About the Event:

The 5k run/walk takes place each year during Felix Grundy Days in Grundy Center, IA. The event is co-sponsored by the Grundy Family YMCA and the Community Wellness Committee. This year's event will be held **Saturday, July 10 at 8:00am.** The run/walk route will circle through the southern portion of Grundy Center and finish on the Spartan Stadium all-weather track. All age groups are invited to participate in the 400 meter Fun Run following the 5k.

Entry Fee:

Adult Fee

- Pre-register by June 30, 2010 - \$15
- After June 30, 2010 & race day - \$20

Youth Fee (18 & Under)

- Pre-register by June 30, 2010 - \$7.50
 - After June 30, 2010 & race day - \$10
- T-shirts are included for all pre-registered participants and available for same day entrants while supplies last.

Proceeds:

Proceeds will go towards purchasing fresh, local food for the Grundy Center school lunch program and to fund scholarships at the Grundy Family YMCA.

Check In:

Packet pickup and same day registration will be Saturday, July 10 from 7:00-7:45 a.m. Race begins at 8:00 a.m. Same day registration will take place at the Spartan Stadium Track, 1006 M Ave.

Awards:

Medals will be given to the 1st and 2nd place male & female finishers in each age group as well as overall male & female winners.

Age Groups

11 & Under	12-15
16-18	19-29
30-39	40-49
50-59	60 & Up

Other Activities:

After the race, your entire family can enjoy a small town atmosphere and fun at Grundy Center's Felix Grundy Celebration. For more information please see our registration table.

Directions to Grundy Center:

Grundy Center is located 7 miles south of Hwy 20 on Hwy 14, 30 miles south/west of Cedar Falls/Waterloo and 30 miles north/east of Marshalltown.

Mail this form to:
Grundy Family
YMCA
1006 M Ave
Grundy Center, IA
50638

Name: _____ Age: _____

Address: _____ City: _____

State: _____ Zip: _____ Sex: _____ Email: _____

T-Shirt Size: Adult S M L XL 2XL (+\$1.00)

I would like to make a donation to the Grundy Family YMCA and Community Wellness Committee in this amount: _____

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors and administrators waive any and all rights and claims for damages I have against individuals associated with this event, their agents, representatives, sponsors, and the City of Grundy Center, for all and any injuries to me in this event. I attest and verify that I have full knowledge of the risks involved in this event and that I am physically fit and able to participate. I also give permission to use my name and picture in any publicity matters.

Signature: _____ Date: _____