



# 16<sup>th</sup> Annual 5K Run/Walk & 1 Mile Fun Run Registration

<b>When &amp; Where</b>	Packet pick-up will be from 7 AM-5:30 PM on Thursday, June 7 <sup>th</sup> and 7 AM-6 PM Friday, June 8 <sup>th</sup> at Athletico Physical Therapy. Race day packet pick-up and registration will start at 6:00 AM in the ADESA parking lot (1800 SE Gateway Drive) on June 9 <sup>th</sup> . The 5K will start at 7:00 AM with the Fun Run beginning at approximately 7:45 AM.
<b>Included</b>	NEW THIS YEAR: Chip Timing! T-shirts will be given and refreshments will be available to all registrants. Prizes will be awarded to all winners in their respective age brackets with door prizes for finishers.
<b>Fun Run</b>	Kids age 12 and under can participate in the 1 Mile Fun Run. All kids that register and participate will be given a T-shirt, refreshments and a door prize. Places and times will not be recorded for the Fun Run.
<b>Event Notes</b>	Both races will start in the ADESA parking lot and be run through the residential areas in Grimes. All prizes will be distributed following the conclusion of the Fun Run. You must be present to win. Results will be posted on <a href="http://www.fitnesssports.com">www.fitnesssports.com</a> . Please thank them for their contribution. <b>All proceeds will support the DCG Education Foundation.</b>

(Only one participant per registration form. Please print.)

<b>Name:</b>	_____	<b>Race:</b>	_____ 5K Run	_____ Kids' Fun Run
<b>Birth Date:</b>	____/____/____	<b>Gender:</b>	M or F	<b>Age on 6/9/18:</b> _____
<b>Address:</b>	_____			
<b>Shirt Size</b> (Circle One):	Mailing Address	City	State	Zip Code
<b>Phone:</b>	Adult: S M L XL XXL (\$1 extra)	Youth: YS YM YL		
<b>5K Price:</b>	( ) -	<b>Email:</b>	_____	
	\$20 if received by June 1st. \$25 late registration fee/t-shirt not guaranteed.	<b>Fun Run Price:</b>	\$10 if received by June 1st. \$15 late registration fee/shirt not guaranteed.	

### Release of Liability/Waiver

The undersigned acknowledges that the Governors Days Run/Walk is voluntary and that I am voluntarily participating. I hereby release the City of Grimes, Grimes Chamber & Economic Development, Athletico Physical Therapy, ADESA Car Auction, its officers, directors, and agents and all sponsors, race officials, and volunteers and all other parties from any and all liability whatsoever, including all claims, demands, or causes of action of every nature, which arise out of or are in any way connected with this race. The undersigned agrees that the above-mentioned parties shall be held harmless in the event of an accident causing damages or loss of property or injury to the undersigned. I have read the foregoing Release, understand its terms, and freely and voluntarily sign the same.

<b>Date:</b> _____	<b>Signature</b> (parent signature if under 18) _____
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### Registration Submittal Options

<b>Mail or Drop Off Registration</b> (Please Make Checks Out To: <u>Governors Days Run</u> )	<b>Athletico Physical Therapy</b> <b>241 SE Destination Drive</b> <b>Suite 200</b> <b>Grimes, IA 50111</b>
<b>ONLINE REGISTRATION OPTION!</b>	<a href="http://grimesiowa.chambermaster.com/events/details/governors-5k-fun-run-registration-1283">http://grimesiowa.chambermaster.com/events/details/governors-5k-fun-run-registration-1283</a>