

Corn Carnival 5K/Walk registration form: (or register on-line at GetMeRegistered.com)



Name: _____ Phone: _____

Address: _____ City, State Zip _____

Email: _____

Check your Payment: *In order to compete, you must be in good health and physically prepared to take on the challenges of the event you register for. Registration is available in advance or on race day. Skateboards, skates, and bikes, are prohibited on the course. Online and mail in registration for the 5K race closes on June 14, 2019. Register by June 14, 2019 to be guaranteed a t-shirt for 5K run and walk participants.*

5K \$20 5K Race Day \$25 2 Mile Walk \$20 Kids Dash FREE (no t-shirt)

No T-shirt; \$5 discount.

I am not able to participate in this race but please accept my donation \$_____ enclosed.

5K Age category: 9 and under 10-14 15-19 20-29 30-39 40-49 50-59 60-69
 70+

Gender: Male Female

T-Shirt Size (Limited Quantities): S M L XL 2XL (add \$4)

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK:

Please read this form carefully and be aware that in signing up and participating in this event, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this event. I recognize and acknowledge that there are certain risks of physical injury to participants in this event, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I may sustain as a result of participating in any and all activities connected with or associated with this activity. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this activity against the City of Gladbrook & any political subdivision and the Gladbrook Gals and Guys 4-H club, including its respective officials, agents, volunteers and employees (hereinafter collectively referred as "Parties"). I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this activity. I further agree that this agreement shall be governed by the State of Iowa. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line signature shall substitute for and have the same legal effect as an original form signature.

Signature of Applicant

Date

Signature of Parent (if under 18)

Date

Please make checks payable to: Gladbrook Gals & Guys 4-H
Send payment to: Crystal Petersen 1334 C Avenue Gladbrook, IA 50635



Annual

5K Fun Run and Walk +

Free Kid's Dash at 9:00 am

**Saturday, June 22nd,
2019**

**Race Time: 8:00 a.m.
Gladbrook Middle School,
509 Washington St
Gladbrook, IA**

**A project of the Gladbrook
Gals & Guys 4-H Club**

Gals and Guys 4-H

Gladbrook Corn Carnival 5K Fun Run Information

Event

Corn Carnival 5K Fun Run benefiting members of the Gladbrook Gals & Guys 4-H Club, their programs and their community projects.

Times

Race Day Registration: 7-7:30 a.m.

Packet Pick-up: 7:00 - 7:30 a.m.

5K Start: 8:00 a.m.

Kid's Dash Start: 9:00 a.m.

Awards Ceremony: 9:15 a.m.

5K Awards

Awards to top two finishers in each age category (men and women).

2 Mile walk participants eligible for prize drawing.

Registration

Register by mail using the form on the reverse side or online at www.GetMeRegistered.com. Early registration ends 6/14. Race day registration will be available – additional \$5 fee applied.

Packet Pick-up

Pre-Race Packet Pickup will be available on race day from 7:00 to 7:30 a.m.

Course Information

This is a race with variety. Runners will make their way across town through residential Gladbrook, onto the tree-canopied Wolf Creek Trail and loop back through the Tama County Fair Grounds. The race will go on rain or shine.

4-H Member Incentive

Gladbrook Gals & Guys 4-H members who can recruit more than 10 registered runners and walkers will have a special opportunity to get their T-Shirt for FREE!

4-Her's name: _____

Corporate Sponsorship

If your business or family would like to be a race sponsor contact Crystal Petersen by June 3rd^h to learn more about becoming a Gold, Silver or Bronze level sponsor.
Crystal.Petersen@unitypoint.org



6 Reasons to Run a 5K

1. Ease. Most of us are busy, and time is precious. You can work up to a 5K quickly and train for it adequately by training as little as three days a week.

2. Convenience. You arrive at the race, warm up for 10 to 20 minutes, race for 40 minutes maximum, cool down, replenish and head home in your new race T-shirt.

3. Exhilaration. In a 5K, you feel like you're really racing. And that's a good feeling. Unlike a longer race, with a 5K you can motor as much as one minute per mile faster than your usual training pace.

4. Improvement. Racing an occasional 5K is an excellent fitness booster. It can make your regular training runs feel easier.

5. Change. Looking for variation? A fun 5K every once-in-a-while is a great way to mix things up.

6. Motivation. Races are motivators. 5Ks get you out of bed when you're tempted to simply lounge on a Saturday morning.