

FOOLS 5K



TREKMAN
RACING
www.trekmanracing.com

Saturday, March 27, 2010, 9:00 AM
George Wyth State Park
Waterloo, Iowa

USATF certified accurate course



Join in on the first race of the year in the Cedar Valley!

There will be several door prizes for all!

Everyone is encouraged to add some flavor to being a true "fool" for the Fool's race. Have a whacky hat? You know, the one that looks like a shark's head; or maybe some Mouseketeer ears. Better yet you are ENCOURAGED to wear a costume. A couple Iowa races you may know about have a strange tradition of men wearing red dresses... There will be gift certificates to the Runner's Flat shoe store for the top three "fools." Top dressed Jesters will have an edge in the competition!

The Course: The course is USATF certified and will be on the park roads only, no trails will be used. It is 100% flat, the perfect PR course!

Packet Pick-up: Early packet pick-up and late registration will take place at the Runner's Flat shoe store in Cedar Falls Friday March 26th 5:30 to 7 PM

Awards: Overall male and female will win \$25 gift certificate to the Runner's Flat shoe store in Cedar Falls.

Top three in each age category
12 & under, 13-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over

Fees & Registration:

\$18 postmarked by February 28th
\$20 postmarked by March 23rd
\$22 at packet pick up, \$25 race day

KIDS PRICES – age 12 and under

\$12 postmarked by February 28th
\$15 postmarked by March 23rd
\$15 at packet pickup, \$20 race day

PERFORMANCE SHIRT UPGRADE
(Replaces cotton shirt) \$5, XXL - \$7

PERFORMANCE TANK TOPS
(Replaces cotton shirt) \$8, XXL - \$9

FOX RIVER socks \$4 Small - Medium - Large -

No shirt option - \$3

FAMILY PRICING – Available online only at www.active.com. There is a link on the Trekman Racing website www.trekmanracing.com

Checks payable to: Dave Lipinski – Fools 5K
2004 Park, Cedar Falls, IA 50613
Online registration is also available at www.active.com



 **the runner's flat**
115 East 4th St. - Cedar Falls, IA 50613

 RE/MAX Cedar Valley
SteveBurrell.com
For Real Estate with MOMENTUM

THE Jones Law Firm

**STIFEL
NICOLAUS**
Larson Gilmore Wealth Management

Questions can be emailed to the race director at Trekman@mchsi.com or by calling 319-231-2441.

*** No T-shirt guarantee if you register after March 15th *** Performance shirt orders must be in by March 9th *** No skates, bikes or pets



Saturday, March 27, 2010, 9:00 AM
 George Wyth State Park
 Waterloo, Iowa

Official Entry Form

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail address _____

Age on race day _____ Birthday:(MM/DD/YYYY) _____ Gender: M F

Release and Waiver—In consideration of your acceptance of my entry, I hereby waive and release of myself, heirs, executor or anyone who might claim on my behalf, covenant not to sue the event directors, event officials or volunteers from all claims or liability for death, personal injury or personal damage of any kind arising out of or on the course of, my participation in this event. I hereby state that I have full knowledge of the risks involved, foreseen or unforeseen, known or unknown and have conditioned myself to run or walk in this event. I also grant full permission to the event directors and/or agents authorized by them, to have free use of my name and picture in any broadcast, telecast, videotape, print media or any other record of this event for any purpose.

Signature (Guardian if under age 18) _____ Date _____

By signing this I also give consent to Trekman Racing to use my email for Trekman Racing email updates only.

Circle One	Shirt Size: Please Circle One
Runner Walker	XS S M L XL XXL

Fees: 5k

- If mailed by February 28th \$18 _____
- If mailed by March 23rd \$20 _____
- At packet pickup March 26th \$22 _____
- Race day \$25 _____

Extras (optional)

- Performance Shirt UPGRADE (XS-XL) . \$ 5 _____
 (replaces cotton shirt) (XXL) .. \$ 7 _____
- Tank Tops (XS-XL) . \$ 8 _____
 (replaces cotton shirt) (XXL) .. \$ 9 _____
- Fox River Socks; S Med Lrg ... \$ 4 _____
- NO T-Shirt (subtract) \$ -3 _____

Fees: Kids, 12 and under

- If mailed by February 28th \$12 _____
- If mailed by March 23rd \$15 _____
- At packet pickup March 26th \$15 _____
- Race day \$20 _____

Total Enclosed: _____



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