

2010 Ely Fall Fest

5K Race and 1 Mile Fun Run/Walk

Saturday October 9, 2010



These running events are part of the Ely Fall Fest with all proceeds directly supporting the city of Ely's Parks and Recreation Commission. Registration Forms are available at: www.elyiowa.com along with a complete line-up of the day's events. Register online at www.getmeregistered.com

Location: Race registration, check-in, start and finish are all near the Ely Community Center. Please note that Rowley Street will be closed between State and Main Streets the entire day for the races and other Fall Festival Events.

Race Times: The 5K race will start at 8:30 AM and the 1 Mile Fun Run/Walk at 9:30 AM. Race Day Registration will be from 6:30 – 7:45 AM. A Kiddie Dash will be held at 11:00 AM for kids 8 and under. No registration is required and there is no entry fee.

Race Packet pick up will be Friday October 8th from 4:00 pm – 7:00 pm at the Ely Community Center.

Awards: 5K Race - trophies will be awarded to the top male and female finishers and medals to top three finishers in each age division. (The top male and female finishers will not receive medals in addition to their trophies.)

1 Mile Fun Run/Walk – Ribbons will be given to all participants under 12 and medals to top three finishers in each age division.

Registration: Pre-register by mail: 5K \$15.00 1 Mile \$10.00

Mailed registrations must be postmarked by September 25th. Online registration is available through October 5th. All Pre-Registrations are non-refundable.

Make checks payable to **City of Ely** and mail with registration form to: City of Ely, PO Box 248, Ely, IA 52227

Race Day Registration: 5K \$20.00 1 Mile \$15.00

Course: The races start and end near the Ely Community Center on Rowley Street. The course travels through the streets of Ely and is mostly flat with some gradual hills throughout the route. An awards ceremony will be held at 10:45 AM near the Ely Community Center. All registered runners will be eligible for **door prizes** that will be given out during the awards ceremony. You must be present to claim door prizes.

Information: For additional information call Dave Rasmussen at 319.329.2836 or elyparks@gmail.com

First Name: _____ **Last Name:** _____ **Age on Oct 9th:** _____

Address: _____ **Email:** _____ **Gender:** **M** **F**

City: _____ **State:** _____ **Zip:** _____ **Phone:** _____

A cotton t-shirt is included with the registration fees for listed above. Instead of the t-shirt, a long-sleeved moisture management shirt is available for an additional charge of \$10.00. A limited number of both shirts will be available for race day registrants.

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|--------------------|---------------------|---------|--------|--------|---------|----------|
| Shirt Size: | Adult Sizes: | Small | Medium | Large | X-Large | XX-Large |
| | Child Sizes: | X-Small | Small | Medium | Large | |

Instead of the cotton t-shirt, I would like a long-sleeved moisture management shirt for an additional \$10.00. **Yes **No****

1 Mile Run/Walk Age Division: Under 6 7 – 9 10 – 12 13 – 15 16 – 18 19 and Up

5 K Race Age Division: Under 12 13 – 15 16 - 19 20 – 29
30 – 39 40 – 49 50 – 59 60 and Up

Waiver: I hereby release the Ely Fall Fest, the City of Ely, all volunteers and sponsors from the responsibility for any illness or injury which may be sustained while I am participating in any of the events listed above. By signing below, I am signifying that I am in proper physical condition to participate in these events. I hereby affirm that I am 18 years of age or older, I have read this document and understand its contents. (Parent or legal guardian must sign if participant is under age 18). Further, I hereby grant full permission to use my name and any photographs, or other record of me participating in this event, for any publicity and/or promotional purposes without obligation of liability to me.

Participant Signature: _____ **Date:** _____

Parent / Guardian Signature: _____ **Date:** _____
(If participant is under age 18)