

Lone Tree Chamber of Commerce
-and-
Lone Tree Cross County Teams
Present

The Lone Tree Fun Run

Date: Saturday, August 21, 2010

Schedule: 5K Run/Walk 7:30 AM
1-Mile Fun Run 8:30 AM
Race time may be delayed due to inclement weather.

Check In: 6:30 AM at Tank Park at the north end of Lone Tree. Parking will be in and around the park.

Age Division Awards: Awards to the top finishers in each age category and overall winner for men and women in the 5K Fun Run; 19 & under, 20-29, 30-39, 40-49, 50-59, 60 & over. Awards to the first place 1-mile male and female 12 and under and the first place male and female over 12. Awards to the first place 5K walker male and female (No age bracket). **Walkers must walk the entire race.**

Post-race events: Drawing for Door Prizes immediately following 1-mile event. The Lone Tree Fall Festival Parade will begin at 11:00 AM. Stick around for food and fun at the Lone Tree Fall Festival!!

Course: Join us on this run through the streets of Lone Tree.

ONE ENTRY PER PERSON~ENTRY FORM MAY BE COPIED~PLEASE PRINT

LONE TREE FUN RUN ENTRY FORM

Name _____
Address _____
City _____ St _____ Zip _____
Phone _____
Age (race day) _____
Male _____ Female _____
E-mail _____

ENTRY FEES (received by Sat, Aug. 7)
(Participants registering by this date are guaranteed T-shirt)
5K Run/Walk _____ \$16.00
1-Mile Fun Run _____ \$10.00

Late Entry Fees (received after Aug. 7)
(Late entries are not guaranteed a T-shirt)

5K Run/Walk _____ \$20.00
1-Mile Fun Run _____ \$15.00

Check one: 5K Run ___ 5K Walk ___ 1-Mile Run ___

T-shirt Size: Adult: S ___ M ___ L ___ XL ___ 2XL ___
(Please check one)

Total Amount: _____

Please make checks payable to: **Lone Tree Fun Run**

I recognize the risks involved in any athletic event and hereby waive, release and hold harmless the CITY of LONE TREE, the LONE TREE CHAMBER of COMMERCE and its members, the Lone Tree Cross County Teams, all race directors, contributors and volunteers from any and all liability, claims and rights for damages from injuries growing out of, related to, or arising from participating in the Lone Tree Fall Festival 5K Fun Run/Walk or the 1-Mile Fun Run. I further hereby certify that I have full knowledge of the risks involved in this event and that I am physically fit to participate. If, however, I do require medical attention as a result of my participation in the above mentioned activities, I authorize the medical personnel associated with said events to provide such medical care as is deemed appropriate by such medical personnel.

Signature: _____ (Parent signature if under 18): _____
Date: _____ Parent name printed: _____
Parent's Phone #: _____

Questions? Call Russ @ (319) 629-4222
or email forbes@fmbankonline.com

Mail completed forms to: Lone Tree Fun Run
P.O. Box 609
Lone Tree, IA. 52755