



Veterans' Day Run/Walk

12 November 2016

American Legion Post 711, 106 Juniata Street, Blue Grass IA 52726

5K Run ---- Family Run/Walk
Both Races starts at 8:00am

These races will be ran together. Beginning and ending at American Legion Maximum of 90mins will be allowed for race due to follow on events.

Kids Run ---- Battle Buddy Run
Both Races starts at 9:30am

These races will be ran together, beginning and ending at American Legion.

5K Run: Starting in front of the American Legion, this is an easy, relatively flat course. The course takes you through the south end of town, out old highway 61 to the turnaround point, (which is also the water point, manned by Boy Scout Troop 26 and Cub Scout Pack 26) then back to the legion.

Family Run/Walk (1 1/2 mile): Starting at the same time as the 5K and in front of the American Legion. The course takes you through the south end of town, out old highway 61 to just before oak lane, (this is the turnaround for the Family run/walk) then back to the legion. Friendly pets are considered family members and are allowed at the owner's discretion and risk. (All pets must be leashed, at all times).

Battle Buddy Run (1/2 miles): This is a two person run where one person must be carried at all times. Racers may alternate who is carried, but no advancement is allowed during transition. The race starts in front of the American Legion, heads North to old 61, turns left, goes down to the turnaround which is right before Moore St., and then back to the finish line (in front of American Legion).

Kids Run: A short 1/2 mile route for any child under the age of 12. Both the Battle Buddy Run and the kids run will be done at the same time, with the same course.

Awards: All entries' received before Nov. 5th will be guaranteed a "Dog tag" medal and tee shirt for all events. Awards will also be given to the top three male and female finishers in the following age groups for the 5K run: under 15, 16 - 22, 23 - 27, 28 - 33, 34 - 37, 38 - 42, 43 - 49, 50 - 59, 60 and above.

Packet Pick-up and Registration: Registration will be accepted through day of the race. Packets can be picked up at the Blue Grass American Legion on the 10th of NOV. from 1700hrs to 2000hrs (5pm to 8pm) and the day of the race from 0600 to 0750 hrs. (6am to 7:50am), during pickup you can still register.

Fee: Fees are assessed per individual, except for the family run.

Late registration is after November 1st and a \$5 fee will be added to all entries that are not postmarked by that date.

Registration - \$25 adults, \$20 under the age of 15

Veterans and Everyday Heroes (Police, Fire Fighters, EMS, and Teachers) - \$20

Legionnaires, Legion Auxiliary, and SAL - \$15

Family Run - Registration \$25 for first two participants, \$15 each additional participant

Veterans' Day Run/Walk alpost711.5k@outlook.com

Name: _____ Address: _____ City: _____

State: _____ Zip Code: _____ Phone: _____ Age at day of race: _____ Shirt Size: _____

Name: _____ Address: _____ City: _____

State: _____ Zip Code: _____ Phone: _____ Age at day of race: _____ Shirt Size: _____

Event (Circle One): 5K Battle Buddy Family Run Kids Run

In consideration of this entry, I intend to be legally bound, for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims which may hereafter accrue to me against the officials Of the run, and all sponsors for any and all accidents or injuries incurred by me at this event and while traveling to and from this event. I further state that I have trained adequately and am in suitable athletic condition to Compete in the race I have entered.

Signature: _____ (Legal Guardian if under 18) Date: _____ E-Mail: _____ (Optional)

Signature: _____ (Legal Guardian if under 18) Date: _____ E-Mail: _____ (Optional)