

**Anamosa Community School District's
Nutritional Services Presents the 5th Annual
Raiders Racing for Life
4K Run/Walk - Any Pace Welcome
Saturday, May 14th/Wapsipinicon State Park, Anamosa**

The race will start and finish at the Wapsipinicon Park entrance.
Course Description: 4K (2.5 miles) Scenic out & back, flat paved road.

4K Race Age Categories & Awards

0-7, 8-10, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59 & 60 & up

1st Place trophies & \$ 50.00 for overall Male & Female

Medals to 1st thru 3rd place in each age group male & female

Race Day Schedule

7:30 - 8:15 a.m.	Registration
8:10 a.m.	National Anthem
8:15 a.m.	Li'l Raider Fun Run 1K (about ½ mile)
8:30 a.m.	4K Run/Walk
9:30 a.m.	Awards Presentation
	Snacks & beverage provided after the race

Return Entry By May 9th/Adults \$ 25.00, Kids 5-18 \$15.00 (nonrefundable)

Name: _____ **Age** _____

Address: _____ **City/State** _____

Phone: _____ **Male** _____ **Female** _____

Shirt Size: S M L XL XXL YS YM YL _____

Wavier-Condition: I hereby release Anamosa Community School District, all volunteers and sponsors from responsibility for any illness or injury sustained while I am participating in the 4k or Fun Run Event. By signing below, I am signifying that I am in proper physical condition to participate in this event. I give permission for the use of my name and picture in any broadcast, telecast, or print media account of this event. I have read this document & understand its contents.

Signature of Participant (parent/guardian if under 18):

Mail to Strawberry Hill Elementary, 203 Hamilton St, Anamosa, IA 52205
Payments may also be sent to the office at Elem, Middle or High School
Please make checks payable ACS-D-Raiders Racing for Life
For additional information: Tammy Seeley 319-329-6590 or Deb Carver 319-462-3549

