

George Ballard Memorial Run

5k run & 2-mile Walk

September 13, 2008

For years Mitchellville resident, George Ballard, helped to organize this athletic event as part of the Thomas Mitchell Days Celebration (formerly known as Progress Days). This is the fifth year we have chosen to honor George's life by offering this event in his name. So, come to a fun event while at the same time honoring the life of one who we continue to miss dearly in the life of our community.

Start/Finish: Mitchellville City Park (3 blocks east of Center Ave, on 2nd St.), 8:00 a.m. start time.

Course: All paved roads with a few slight rolling hills.

Awards: Women and men overall winners (5K)

First place in each age group (5K)

First and Second in the 2 mile walk

Divisions: 19 & under, 20-29, 30-39, 40-49, 50 and over

Registration: \$15.00 fee, 7:00 am -7:45 a.m. day of race at start area and by mail.

****You are guaranteed a t-shirt with early registration (registrations received on or before Monday, Sept. 1st). Those whose registration is received after September 1st or on race day will not receive a T-Shirt.**

Make checks payable to George Ballard Memorial Run

Mail with registration form to:

207 Market Ave SW

Mitchellville, IA 50169

ENTRY FORM

Name: _____

Address: _____

Phone: _____

Age on 09-13-08: _____, Gender: M F Shirt Size: S M L XL

I will be participating in the following event: 5K run: _____ 2 mile walk: _____

****Waiver:** I hereby, for myself, my heirs, my executors, administrators waive any and all rights and claims for damages I may have against individuals associated with this event, its agencies, representatives, successors, and assigns for any and all injuries suffered by me in conjunction with said event. I attest that I have full knowledge of the risks involved in this event and that I am physically fit to participate.

Participant Signature: _____

Parent Signature (if under 18): _____ -