

George Ballard Memorial Fun Run

5k run & 2-mile Walk

September 18, 2010

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 seventh 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 For Runners:

Women and men overall winners (5K)

First and Second place in each age group (5K)

Age Groups for Runners: 19 & under, 20-29, 30-39, 40-49, 50 and over

Awards for Walkers: First and Second in the 2 mile walk (no age group divisions)

***Registration Fee for Runners: \$20.00**

***Registration Fee for Walkers: \$15.00**

Pre-register by mail, or register on race day from 7:00 am -7:45 a.m.

****You are guaranteed a t-shirt with early registration (registrations received on or before Tuesday, August 31st). Those whose registration is received after August 31st or on race day are not guaranteed a T-Shirt. There may be T-Shirts available on race day, but quantity and sizes will be limited.**

Make checks payable to George Ballard Memorial Run

Mail with registration form to:

207 Market Ave SW

Mitchellville, IA 50169

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ENTRY FORM

Name: _____

Address: _____

Phone: _____

Age on 09-18-10: _____

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): _____