

# Warrior 5K Run/Walk

Monday, July 4<sup>th</sup>, 2011

7:30 A.M.

Gowrie, IA

**Event:** First Annual 5K (3.1 mile) Run/Walk around Gowrie, IA

**Check In:** 6:30 A.M to 7:15 A.M.

Check in is at Prairie Valley High School.

**Registration:** \$15.00 per person if received or postmarked on or before June 27<sup>th</sup> 2011

\$20.00 per person if received after June 27<sup>th</sup> 2011

- \*May also sign up day of race

**T-shirts:** All participants will receive a Warrior 5K t-shirt.

\*T-shirts are not guaranteed on race day.

**Divisions:** (Male and Female)

1. 18 and younger
2. 19 to 29
3. 30 and above

**Awards:** Top 3 finishers in each division will receive a medal.

**Race Results:** Results will be posted online at [www.fitnesssports.com](http://www.fitnesssports.com)

**Refreshments:** Refreshments will be available post race during the awards ceremony.

There will also be a water stop available during the race.

**Information:** Contact Matt Fevold at 515-368-2814 or [mfevold@gmail.com](mailto:mfevold@gmail.com)

**Entry Form:** Entry form available online at [www.fitnesssports.com](http://www.fitnesssports.com) or can be sent via email to you.

Race benefits community projects.

---

## Special Thanks to our Sponsors:

- |                             |  |
|-----------------------------|--|
| -Anne Arklie DDS            | -Jamboree Foods                        |
| -Darrel's Barbershop        | -KHI Financial Solutions               |
| -Fitness Sports             | -Marv's Market Street Bar and Grill    |
| -Gowrie Family Chiropractic | -The Picket Fence                      |
| -Gowrie Jaycees             | -Webster Calhoun Telephone Association |
| -Harcourt Equipment         |  |