

Warrior 5K Run

Monday, July 4th, 2011

8:00 A.M.

Gowrie, IA

Event: First Annual 5K (3.1 mile) run around Gowrie, IA

Check In: 7:00 A.M. to 7:45 A.M.

Registration: \$15.00 per person if received or postmarked on or before June 27th 2011
\$20.00 per person if received after June 27th 2011

*May also sign up day of race

T-shirts: All runners 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

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

Entry Form: Entry form available online at www.fitnesssports.com or can be sent via email to you.

Race benefits community projects.

Special Thanks to our Sponsors:

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| -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 | |

