

SHELDON CELEBRATION RACE

20th Annual 5K run/walk (3.1 miles)

9th Annual 10K run (6.2 miles)

Date: Monday, Sept. 7, 2009, Labor Day

Check-in time: 6:45 - 7:45 A.M.

Starting time: 8 a.m.

Start and finish: Northwest Iowa Community College, Hwy 18 West, Sheldon (parking lot on south side of main building)

NOTICE LOCATION!!

Divisions: 13-and-under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70-79, 80 and-over

Awards: Trophies to overall male and female winners. Medals for first, second and third place in each age group.

Race Course: Paved Bike Trail

Entry Fee: Pre-registration is \$15 if postmarked or brought to the Sanford Wellness Center Sheldon by August 27th (T-shirt included). After this date, registration will be \$20. Proceeds will be used for local Diabetes Education.

Sponsors: Iowa Information, Hy-Vee Food Store, Sanford Sheldon Medical Center

For more information: Contact Donna Ihnen or Wellness Staff at (712) 324-6151 or 1-800-568-4320

Send advance registration to: Sanford Wellness Center Sheldon
c/o Donna Ihnen
118 N. 7th Avenue
PO Box 250
Sheldon, IA 51201

DETACH AND MAIL

Sheldon Celebration Race

Name _____
Street _____
City _____ State _____ Zip _____
Phone _____ Age as of 9/7/09 _____ Sex: M F
T-shirt size: M L XL XXL Race: 5K or 10K Walk: 5K



In consideration of your acceptance of this entry. I hereby, for myself, my heirs, executors, administrators, waive any and all rights and claims for damages I may have against individuals associated with this event, its agents, representatives, successors and assigns for all injuries suffered by me in said event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and have trained to participate in this event.

Date _____ Signature _____