

11th Annual

New Hampton Fire Department

5K FUN RUN/WALK

JUNE 12, 2010

New Hampton, Iowa

Hwy 24 East - Mikkelson Park

check in at 7:00 am with Gun Shot Start at 8:00 a.m.

Refreshments provided to all participants.

Medals to top finishers in each category.

\$15.00 for pre-registration by 6/9/2010 (includes t-shirt)

\$20.00 Raceday Registration

(T-shirt NOT included with run day registration)

For More Information contact

Nick Wegner

641-394-4111 Day

Larry Heying

641-394-3689

E-mail: nhfd@newhamptonfire.com



Checks payable to :
New Hampton
Firefighters Association

Mail entry forms & checks to:

Larry Heying / NHFD
608 N Pleasant Hill
New Hampton, Iowa 50659
Phone: 641-394-3689 (night)

Name

Address

Phone

\$2 extra

T-shirt Size: S M L XL (2XL 3XL)

Sex

Age on race Day

E-mail

WAIVER: I am entering the New Hampton Fire Department 5K run/walk at my own risk. I hereby for myself, my heirs, executors and administrators waive and release any and all right and claim for damages I may have and all injuries suffered. I certify I am in good physical condition.

Signature

Date

Signature of parent or guardian if under 18 years of age.