

GLOFA 5K Run/Walk
April 21, 2017 at 9:15 pm
Grimes Sports Complex

Events include a 5K & 1 Mile Run/Walk to encourage fitness. The events will not be timed and will take place at the same time. Events begin at 9:15 pm on Friday, April 21st.

The Grimes Sports Complex is located at 6th & James Street in Grimes, Iowa. Meet at the concessions building by the tennis courts. Participants who are interested in timing the event should wear their personal timing devices to determine their individual performance.

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Please include a current email address so we can contact you about packet pick-up.

Gender: **Male** **Female** **Age:** _____

Registration Category

Please CIRCLE a registration category (Individual or Family).

\$20.00
per individual (1 t-shirt)

\$50.00
per family (4 t-shirts for the \$50 fee)

T-Shirt Order

Please select the t-shirt size for the individual listed above.

(If you are registering a family you will select additional t-shirt sizes for your family on the second page.)

Youth **S** _____ **M** _____ **L** _____ **XL** _____

ADULT **S** _____ **M** _____ **L** _____ **XL** _____ **XXL** _____

*Registration forms received after April 3, 2017 will NOT receive t-shirts due to the order deadline. Please return your registration form by April 3rd to guarantee you receive a GLOFA t-shirt.

*All registered participants will receive glow items to wear during the event.

Additional Family T-shirts

Please list the additional family members participating if you are registering as a family.

(Skip this section if you are registering as an individual.)

All children under 14 years old will need an adult participating with them.

Name: _____
Age: _____ **T-Shirt Size** _____ Indicate youth (Y) or adult (A) and size.

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If you need more than 4 t-shirts please indicate the additional sizes you would like here.

Additional t-shirts are \$10.00 per shirt. Indicate youth (Y) or adult (A), and size.

Shirt # 5 Size: _____ **Shirt # 6 Size:** _____ **Shirt # 7 Size:** _____

Registration Fees

_____ **\$20.00/Individual Registration**(1 t-shirt included if registered by 4/3/17)

_____ **\$50.00/Family Registration** (4 t-shirts included if registered by 4/3/17)

_____ **\$10.00 per shirt** (# of additional shirts ordered multiplied by \$10.00)

_____ **TOTAL AMOUNT ENCLOSED**

Method of payment: Cash _____ Check _____

Make all checks payable to FOFA.

Registration Forms can be dropped off or mailed to

Dallas Center Grimes High School
2555 W. 1st Street
Grimes, Iowa 50111

Sara Bridie
609 SE 18th Street
Grimes, Iowa 50111

Event Day Registration will begin at 8:00 pm at the Grimes Sports Complex.
(T-shirts will NOT be available for event day registrations.)

Questions can be directed to: Sara Bridie 515-805-0081 or jandsbridie@mchsi.com

