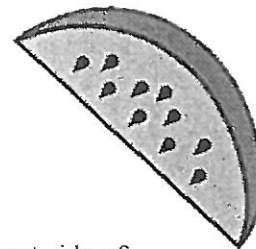


# Atkins Watermelon Fun Run August 1, 2015

## 1 mile Fun Run & Walk and 5K Run

(Proceeds go to support the Benton Community Cross Country Team)



Start–Finish: The start and finish will be at the City Park Pavilion located on the west side of the park. 8:00 am start. The course will be on paved streets and city trails. Packet pick up begins at 7 am.

Walkers: We encourage walkers in the 1-mile event

1 Mile Run & Walk: \$5 entry fee awards given to top 3 finishers over all.

1 Mile participants will not receive a t-shirt/bag

5K: Females & Males: 13 & Under, 14–19, 20-29, 30-39, 40-49, 50–59, 60–69, 70 & Over

Awards: Medals to top 3 places in each division & trophies to overall male & female runner

### Registration:

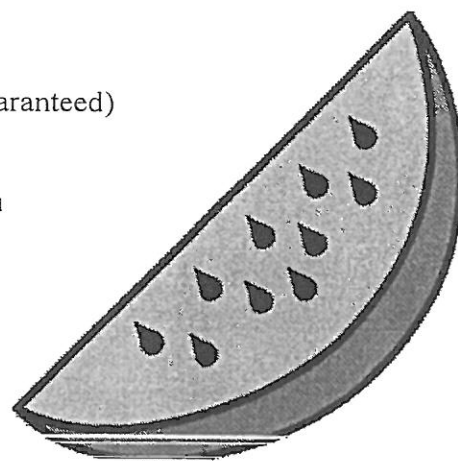
€ \$5 for all 1 Mile participants (shirts not included)

€ \$20 if received by July 17<sup>th</sup>. Includes shirt

€ \$25 if mailed after July 17<sup>th</sup> or paid on race day (shirts not guaranteed)

Checks payable to Atkins Community Club Fun Run

Enjoy bottled water, watermelon and other snacks after the race. Also you must be present to win great prizes from our list of sponsors!



Mail Registration To:

Atkins Fun Run Attn:

Marty Thomae

203 Cherry Street

Van Horne, IA 52346

If questions please e-mail: [mthomae@benton.k12.ia.us](mailto:mthomae@benton.k12.ia.us)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Shirt Size: S M L XL

Age on 8/1/15 \_\_\_\_\_ Sex: M F Event: 5K \ 1 Mile Run/Walk

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors, administrators, Benton County Conservation, Benton County, and all employees and/or affiliates waive any and all rights and claims for damages I may have against individuals associated with the event, sponsors, and officials, for any and all injuries suffered by me during, because of, or in travel to and from said event, I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and sufficiently trained to participate in this event.

\_\_\_\_\_  
Signature or Signature of Guardian if under 18

\_\_\_\_\_  
Date

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**FitnessSports**

7230 University Ave, Windsor Heights, IA, 50324  
515/277-4785, Fax 515/277-3854 or 800/528-7684