

2nd annual **5k** FOR **karen** run/walk

Honoring Karen Coaldrake

johnston, iowa/june 19, 2009

Date and Time:

Friday, June 19, 2009 — 7 p.m.
Check in 6 p.m.

5K Participants Receive:

“5K for Karen” T-shirt
Time with friends & family

New!

FREE Kids' Run— 8 p.m. in parking lot
Each participant earns a medal

Entry Information:

Registration accepted via mail (see address below) and on race day.
The more the merrier.
Please bring your friends.

Location:

Pioneer Parking Lot
7000 NW 62nd St. — Johnston
Race begins and ends at Pioneer

Things to Know:

No official race times will be posted.
Please no dogs.
Strollers welcome.

Cost:

\$20 entry fee (non-refundable)

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Please return bottom portion with payment

Name: _____

Address: _____

City, State: _____

Zip Code: _____

Email: _____

Male: _____ Female: _____ DOB: _____

Please check: 5K: _____ Kids Run _____

5K T-shirt Size (circle one): YL S M L XL XXL

(T-shirts guaranteed for participants enrolled by 6/10/09.

T-shirts not included with Kids' Run)

Send Application to:
5k for Karen—Honoring
Karen Coaldrake
8805 Chambery Blvd.
Ste. 300 #104
Johnston, IA 50131

Do not mail after 6/10/09.

Make checks payable to “5k for Karen.” All proceeds go to local charities.

_____ We are unable to attend but would like to make a donation of \$_____.

In consideration for the acceptance of my entry, I, for myself, my heirs, executors and administrators, do hereby release and discharge the town of Johnston, Iowa, Pioneer, and all sponsors or officials for all claims arising or growing out of my participation in the 5K for Karen. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event.

Signature: _____

Parent/Guardian if under age 18: _____