



**Big Sioux River Days 5K Run-Walk/10K Run
Saturday, September 4, 2010
Mail-in Registration Form**

Sponsored by the Hawarden Recreation Department and the Hawarden Hospital

Make Checks Payable To: City of Hawarden

Mail Entry To: Hawarden Rec Dept
1150 Central Avenue
Hawarden, IA 50123

The Big Sioux River Days 5K Run -Walk / 10K Run will include residential streets as well as the Hawarden Walking Trail. Water will be provided at the half-way point. \$25 cash prize is awarded to the overall male & female 5K and 10K races. Entries received by August 27th will be guaranteed a free race T-shirt.

Registration Fee: 5K or 10K - \$15 per person (NO REFUNDS)

Place: Hawarden City Park – Check-in on the East Side of the Park at the Open Shelter.
The race starts on Central Ave and 13th St. (SE corner of the park)

Saturday, September 4th: 7:15 – 7:45 am Check-in & Warm-up
8:00 am Race time (All events)

REGISTRATION FORM

Name: _____ Gender: Male _____ Female _____

Address: _____ Age (on race day): _____

City, State, ZIP _____ Day Phone: _____

E-mail (required): _____

Event: ___ 10K (6.2 miles) ___ 5K (3.1 miles) T-shirt Size: ___ S ___ M ___ LG ___ XL ___ XXL

Signature _____ Date _____

Contact/Race Coordinator: Jami Dekkers 712-551-4412 or email: jamid@cityofhawarden.com