



LAKES REGIONAL HEALTHCARE
 U of O WINTER GAMES 5K/10K
 Saturday, January 30, 2010



CHECK-IN TIME: 12:00 to 1:00 pm
 RACE TIME: 1:30 pm sharp!

LOCATION: Spirit Lake Middle School, 609 28th Street

Start and Finish:

Walkers and race entrants for 5K and 10K will start at the Spirit Lake Middle School - **Showers are available - bring your own towels**

Divisions:

12 & under, 13 to 18, 19 to 29, 30 to 39, 40 to 49, 50 to 59, 60 & over. Same for men and women, 5K and 10K. All ages and skill levels encouraged to participate.

Awards:

Awards Ceremony at the Spirit Lake Middle School following the race.

- * U of O blankets for Overall Male and Female winners in each race (graciously donated by The Three Sons of Milford)
- * Medals for first, second, and third place in each age group
- * Door prize drawings for race participants - must be present to win

Race Course:

- 5K: A challenging two-hill out and back course
- 10K: A loop around Francis Sites, with several generous hills

Entry Fee:

- \$20 If received by 1/21/10 (**pre-registration is recommended to guarantee a shirt**)
- \$25 1/22/10 until day of race (1/30/10) on-site registration
- \$17 Per person for a family rate of 3 or more family members

If you have questions about Winter Games, contact the Chamber of Commerce at 712-332-2107 or 800-839-9987. Because of potential inclement weather, the race director reserves the right to cancel anytime. No refunds, but pre-registration by 1/21/10 does guarantee you will get a shirt.

REGISTRATION ALSO AVAILABLE ONLINE AT

WWW.UOFOWINTERGAMES.COM or WWW.ALLSPORTCENTRAL.COM

U of O Winter Games 5K/10K Entry Form:

Name _____

Age _____ Birth Date _____ Gender _____

Address _____

City _____ State _____ Zip _____

Race (circle one) 5K 10K

Shirt Size (circle one) S M L XL XXL

Entry Fee: \$17 Family Rate (3 or more) _____

 \$20 _____ \$25 _____
 (by 1/21/10) (1/22/10 thru 1/30/10)

Make checks payable to Iowa Great Lakes Area Chamber of Commerce.

WAIVER OF LIABILITY: In consideration of the foregoing, I or myself, my heirs, my executors, administrators and assignees, do hereby release and discharge the City of Spirit Lake, Spirit Lake Middle School, Spirit Lake Booster Club, Iowa Great Lakes Area Chamber of Commerce, and all Winter Games sponsors from claim, damages, actions, whatsoever in any injuries suffered me in connection with the 2009 University of Okoboji Winter Games 5K/10K.

 Signature (If under 18, parent must sign)

For more information, contact the race director: Jennifer Gustafson at 336-8799 or 330-2955 or at jgustafson@lakeshealth.org. Mail entry forms to: U of O Winter Games 5K/10K, PO Box 9, Arnolds Park, IA 51331.