Run for Regina

Iowa City Family Fun Festival Saturday August 20th, 2016



3 GREAT RACES!

1 mile family fun run/walk 8:00 a.m.

5k/10k run

8:30 a.m.

Regina Education Center

2140 Rochester Ave. Iowa City, Iowa 52245

Entry Fees Child (elementary)	\$20	
Adult	\$25	
Family	\$75	

Packet Pick-up

T-shirts will be guaranteed to participants registered by August 5th, 2016. Packet pick-up will be at the Regina Elementary school entrance.

Friday August 19 th	5:30-7:30 p.m.
Saturday August 20 th	7:00-8:00 a.m.

Online Registration at:

https://getmeregistered.com

Keyword: Regina





Awards and Prizes!! Trophy awarded to overall male and female winners. Medals will be awarded to 1st in each age group. All children will receive a participation ribbon.

1 Mile: 6 & under; 7-8; 9-10; 11-12; 13-16; 17 & up

<u>5K:</u> 9 & under; 10-15; 16-20; 21-25; 26-30; 31-35;

36-40; 41-50; 51-60, 61+

10k: 15 & under; 16-20, 21-25, 26-30, 31-40, 41-

50, 51 & over

Award ceremony will immediately follow the 10K. COOKIES, BAGELS, FRUIT and DRINKS FOR ALL!!!!!



Mail paper registration and fee to:

Regina Family Fun Run 2140 Rochester Ave. Iowa City, IA 52245

If using paper registering as a family, please enter information for each family member below

Waiver: (The waiver signature must be that of the participant. If under 18 years of age a parent or guardian must sign.) In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors, and administration waive and release any and all claims against the City of Iowa City, Regina Education Center, and persons connected with this event, individually, or collectively.

Name (Last, First)	Age	Gender
Phone Number Ema	il Address	
☐ 10K Run ☐ 5K Run ☐ 1	mile Fun Run	
(Adult)	XL 🗌 XXL	
(Youth) Medium Large	•	
2.		
Name (Last, First)	Age	Grade Gender
Phone Number Ema	il Address	
☐ 10K Run ☐ 5K Run ☐ 1	mile Fun Run	
(Adult)	XL 🔲 XXL	
(Youth) Medium Large	2	
3.		
Name (Last, First)	Age	Grade Gende
Phone Number Ema	il Address	
☐ 10K Run ☐ 5K Run ☐ 1	mile Fun Run	
(Adult)	XL 🔲 XXL	
(Youth) Medium Large	;	
4.		
Name (Last, First)	Age	Grade Gender
Phone Number Ema	il Address	
☐ 10K Run ☐ 5K Run ☐ 1	mile Fun Run	
(Adult) 🔲 S 🔲 M 🔲 L 🛄	XL 🗌 XXL	
(Youth) Medium Large)	

Date:	
Total race fee	\$

Course Information

Waiver Signature:__

The course is concrete, with splits at the one and two mile markers for the 5K. Water will be available on the 5K and 10k course. The races will begin and end at Regina.





Winners will be posted on the Regina website. Winners who DO NOT pick up awards at the award ceremony can pick them up in the Regina Public Relations Office. ALL PARTICIPANTS MUST COMPLETE A SECTION OF THE FORM AND PAY THE APPROPRIATE FEE FOR EACH RUN / WALK IN WHICH THEY PARTICIPATE (e.g., if you participate in the 1 Mile AND the 5/10k, you must pay for and receive a different number for each). This is due to our new recording and timing system where you may only participate in the runs / walks indicated on the form. For additional information or entry forms, call the Regina Special Events Office at (319)358-2455 or email ppursley74@hotmail.com. The entry form and a larger picture of the map of the course is available on the Regina website at www.regina.org