

Elveløpet 5K-15K run/walk Saturday, July 24th, 2010

7:30 a.m. starting time at City Hall. Electronic timing and computerized results by JMS racing.

Registration: Entry fee for all events is \$20 until **noon** on Friday, July 23th. Race packet and/or late registration will be taken 6-9 p.m. Friday July 23th and 6 –7 am the day of the race. **Late registration fee is \$25 for registrations taken Friday evening and the day of the race.**

Courses: All events start and finish on Claiborne Drive, between City Hall and Decorah High School. The 15K course goes through 3 city parks, along the Upper Iowa River, and has some challenging hills and trails. The 5K is a flat loop that follows the Upper Iowa River.

Awards: Awards will be given out as soon as they are posted on the leader board. Awards will be given to the first three finishers in each age group (male and female). Overall male and female winners of each race will receive a separate award and will not be eligible for age group awards. Prizes will be awarded for the 15K and the 5K races.

Age Groups: 5K/15K: 12 & under, 12-19, 20-29, 30-39, 40-49, 50-59, 60 & over

Aid Stations: There will be water/aid stations along both the 5K and 15K courses.

Packet Pick-Up: Race packets may be picked up at City Hall on Friday evening from 6:00-9:00 p.m. or on the morning of the race beginning at 6 a.m. and 7:15 a.m.

Refreshments: Fresh fruit, water and other beverages will be provided at the finish area.

Information: For further information, please call (563) 382-3990

Entry Form: Please mail to Elveløpet, C/o Decorah Area Chamber of Commerce, 507 West Water Street, Decorah, IA 52101. Please make checks payable to "Elveløpet."

Last Name: _____ First Name: _____

Sex: _____ Age on July 25, 2010: _____ Phone: _____

Street Address: _____ City: _____ State: _____ Zip: _____

Event: 5K run _____ 15K run _____ 5K walk _____ T-Shirt Size: S M L XL

Waiver: In consideration of acceptance of my entry, I hereby for myself, my heirs and my executors, waive and release any and all rights and claims for damages against the City of Decorah, Decorah Park Board, other sponsors, event officials, volunteers and workers, for any and all injuries suffered by me in connection with the 2010 Nordic Fest Elveløpet. I further certify that I am in physical condition for this event. I further attest that I have adequately trained for this competitive event and a licensed medical doctor has verified my physical condition. THIS EVENT WILL BE UTILIZING THE AMB I.T. TIMING SYSTEM TO OBTAIN ACCURATE AND QUICK RESULTS. NO OTHER TIMING CHIP MAY BE WORN. ALL PARTICIPANTS WILL BE ISSUED A CHIP AND ANKLE BAND FOR USE DURING THE EVENT. IT IS THE PARTICIPANTS RESPONSIBILITY TO RETURN THE CHIP AND ANKLE BAND. IF NOT RETURNED, THE PARTICIPANT WILL BE CHARGED \$50 FOR THE LOST CHIP AND ANKLE BAND.

Entrant's Signature: _____ **Date:** _____

Parent or Guardian Signature if under 18: _____