



# Linn-Mar Growl Prowl

5K (run/walk) / 8K (run)

Linn-Mar High School

October 16, 2010

9:00 AM

[www.growlprowl.com](http://www.growlprowl.com)



*"The mission of the Growl Prowl is to raise funds from the community in order to provide the basic needs for living and for learning that a growing number of Linn-Mar children lack."*

**\*\*Please fill out one registration per participant\*\***

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Age on October 16: \_\_\_\_\_ Gender: \_\_\_\_\_ Phone #: \_\_\_\_\_

Email address: \_\_\_\_\_ (please print)

T-Shirt Size - **Adult:** (circle one)

small

medium

large

XL

XXL

T-Shirt Size - **Kids:** (circle one)

Y-Small

Y-Medium

Y-Large

Y-XL

Race Entered (Check Box) 5K Run / Walk

Mile Run (up to age 14)

Race Entered (Check Box) 8K Run

200 m. Run (up to age 5)

400 m. Run (up to age 8)

### Make Checks Payable to:

Mail to: **Linn-Mar Foundation**  
**Growl Prowl 5K/8K**  
**3111 N. 10<sup>th</sup> St.**  
**Marion, IA 52302**

### Register online at:

[www.growlprowl.com](http://www.growlprowl.com)

### Registration Fees (NO REFUNDS)

Adult 5K / 8K entry postmarked by Oct 11	\$22.00
Current Linn-Mar students in 5K / 8K by Oct 11	\$19.00
Youth mile, Kids 400 / 200 m. Run by Oct 11	\$10.00
<b>Late registration:</b> Packet pick-up (Oct 15) or Race day (Oct 16) – <i>All 5K / 8K participants</i>	\$30.00
<b>Late registration:</b> Packet pick-up (Oct 15) or Race Day (Oct 16) – <i>All youth race participants</i>	\$12.00
<b>Additional Donation to Linn-Mar Growl Prowl</b> \$ _____	
<b>TOTAL AMOUNT SUBMITTED</b>	<b>\$ _____</b>

### Packet Pick-Up / Late Registration

Packet pick-up & late registration will be held on Friday, October 15 from 4:00 – 8:00pm in the Linn-Mar High School Upper Commons (enter through the front door of the high school). **Race day registration from 7:30-8:15am at Armstrong Field.**

### 5K / 8K Runners age group winners (awards to the top 2 finishers in each group)

14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over

*Awards will also be presented to the top male and female overall finishers.*

### Youth mile age group winners (awards to the top finisher in each group)

8 and under, 9-11, 12-14

\*\*\* All youth 200m. run and 400m. run participants will receive a finishers ribbon \*\*\*

### RACE LOCATION AND COURSE:

Race starts at the Indian Creek parking lot and finishes inside Armstrong Field on the Linn-Mar Campus in Marion, IA. Course is out and back, wheel measured, flat and fast. **Participants must park in the High School parking lot!!**

**Waiver:** I hereby release Linn-Mar, the Linn-Mar Foundation, all volunteers, and sponsors from responsibility for any illness or injury that may be sustained while I am participating in the 5K/8K event. By signing below, I am signifying that I am in proper physical condition to participate in this event. I hereby affirm that I am 18 years of age or older, I have read this document, and understand its contents. (Parent or guardian must sign if participant is under age 18)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_