



Linn-Mar Growl Prowl
5K (run/walk) / 8K (run) / Kids Runs
Linn-Mar HS Stadium
April 14, 2012
9:00 AM
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 April 14: _____ **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

Race Entered (Check Box)	5K Run / Walk ----->	<input type="checkbox"/>	Mile Run (up to age 15) ----->	<input type="checkbox"/>
Race Entered (Check Box)	8K Run ----->	<input type="checkbox"/>	200 m. Run (up to age 6) ----->	<input type="checkbox"/>
			400 m. Run (up to age 9) ----->	<input type="checkbox"/>

Make Checks Payable to:
Mail to: Linn-Mar Foundation
Growl Prowl
2999 N. 10th St.
Marion, IA 52302

Register online at:
www.growlprowl.com

Registration Fees (NO REFUNDS)	
Adult 8K / 5K entry postmarked by April 9	\$22.00
Current Linn-Mar students in 8K / 5K by April 9	\$19.00
Youth mile, Kids 400 / 200 m. Run by April 9	\$10.00
Late registration: Packet pick-up (April 13) or Race day (April 14) – <i>All 8K / 5K participants</i>	\$30.00
Late registration: Packet pick-up (April 13) or Race Day (April 14) – <i>All youth race participants</i>	\$12.00
Additional Donation to Linn-Mar Growl Prowl	\$ _____
TOTAL AMOUNT SUBMITTED	\$ _____

Packet Pick-Up / Late Registration

Packet pick-up & late registration will be held on Friday, April 13 from 4:00 – 8:00pm in the Linn-Mar High School Lower Commons (enter through the doors by the HS gym). **Race day registration from 7:30-8:15am at LM Stadium.**

8K / 5K 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)

9 and under, 10-12, 13-15
***** All youth 200m. run and 400m. run participants will receive a finishers ribbon *****

RACE LOCATION AND COURSE:

Race starts and finishes at the LM Stadium on the Linn-Mar Campus in Marion, IA. Course is out and back, wheel measured, flat and fast. **Participants must park in the parking lot to the east or south of the HS gym. Traffic will not be allowed in the lot directly west of the stadium.**

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:** _____