

Saturday, Nov 6, 2010

HIT THE TRAIL

at **Summerset State Park**

What: Trail run around Summerset State Park

Where: Summerset State Park/Banner Lake

Directions: Heading south on HWY 65/69 toward Indianola, turn left on Elk Horn Street to enter park.

Registration: 2 mile - \$20.00, 5 mile - \$25.00, Kids run - FREE. All entries must be postmarked by Oct 30th to guarantee a t-shirt. All entries will add \$5.00 at packet pickup or race day. Mail registration and check to: 611 W 1st Ave, Indianola, Iowa 50125.

Or, you can register online at: www.signmeup.com

Packet Pick Up: Fusion Fitness on Friday night from 5-8 pm. Saturday morning packets may be picked up at Summerset Park beginning at 7:30 am.

Race starts at 9:00 am

Form downloaded at www.FitnessSports.com



2 and 5 mile trail run including paved surface & off-road trails!

2 MILE WALK/RUN 5 MILE RUN

BANNER DASH KIDS FUN RUN

Sponsored by Fusion Fitness

Please check one of the races above

Name _____

Address _____

Phone _____

Email _____

Age Groups:

- () 19 & under () 20-29 () 30-39
() 40-49 () 50-59 () 60 & over

T-shirt Size:

- () Adult
() Child
() Small () Medium () Large () X-Large () No shirt

Release: In consideration of this entry, I hereby, for myself, my heirs, my executors, administrations, waive any and all rights and claims for damage I may have against Iowa Department of Natural Resources, Go Now Running Club, Open Door Haiti, and any individuals associated with this event, its agencies, representatives, successors, and assignments, for any and all injuries suffered by me. I am physically fit and sufficiently trained to participate in this event.