

OUR 11TH ANNUAL EVENT

2008 5-K Winners:

Men:

Jordan Crosser of Osage, IA in 17:52

Women:

Katie Kramer of Oklahoma City 20:52

Please thank the many volunteers and sponsors who make this event happen. It is their generosity that makes a successful event for you.

Stick around town after the race and enjoy the parade, which starts at 10:00. The annual Town and Country Barbeque will then follow at the CRC Events Center. For more activities and details, visit the Osage Chamber of Commerce website at www.osage.net/~chamber

All race proceeds will be used to support the Osage Schools Cross Country and Track & Field programs.

Enjoy the day!

-Bill Gruman, Race Director
Boys Cross Country Coach
Girls Track & Field Coach

City of Maples Road Races
Bill Gruman, Race Director
821 Pleasant St
Osage, Iowa 50461
Phone: 641-732-3762
Email: gruman@osage.net

JULY 4TH, 2009

OSAGE, IA

City of Maples

Road Races

5K and 1 Mile

11th Annual Event

ENTRY FORM

8:00 Start

Registration and Start/Finish
At the Cedar River Complex
Events Center, located on the
Mitchell County Fairgrounds,
near 10th and Chestnut St
Osage, Iowa

11TH ANNUAL EVENT

RUN, WALK, OR JOG

WWW.CITYOFMAPLES.ORG

2009 CITY OF MAPLES ROAD RACES

Race Details:

Date: Friday, July 4th, 2009

Events:

5 Kilometer (3.1 Mile) Run/Walk,
1 Mile Run/Walk,
Rookie Run

Early Packet Pick-Up and Registration available at the CRC Event Center on July 3 from 1:00–4:00 p.m.

Race-Day Registration and Packet Pick-Up: 7:00-7:45 a.m.

At the Cedar River Complex Events Center, rain or shine, located on the Mitchell County Fairgrounds, near 10th and Chestnut St.

Entry Includes:

Event T-Shirt for all 5-K / Mile Participants

- The course is flat, shady, and marked through town, and includes one water stop.
- Refreshments will be provided after the race.
- Splits will be given at the 1 and 2 mile marks.
- Plenty of parking is available on the south side of the Events Center
- Showers are available at the Events Center

Awards:

Trophies to the top male and female 5-K finishers. Medals will be awarded to the top four place finishers in each age division in the 5-K. Ribbons will be awarded in the Mile. Participation ribbons will be given to all kids in the Rookie Run.

Age Divisions

5-Kilometer

14 and Under
15-18
19-29
30-39
40-49
50-59
60 and Over

1 Mile

9 and Under
10-11
12-13
14-15
16-18
19 and Over

Entry Fee

\$12 by June 20
\$17 by July 3
\$20 on July 4th

Rookie Run

For kids 7 years of age and younger
Starts after the 5-K Run (approx. 8:45)
No Entry Fee! (T-shirt not included)
Ribbons and Goodies will be given to all finishers

Results

Complete Results will be posted online after the race at www.cityofmaples.org

ENTRY FORM

Sign up for:

Time

- 5-Kilometer Run/Walk 8:00 a.m.
 1 Mile Run/Walk 8:00 a.m.
 Rookie Run - approx. 8:45 start, no entry fee

Age on 7/4/09 _____

Gender(Circle) M F

T-Shirt Size(circle):

Y-Large Small Med. Large XL XXL

Name _____

Address _____

Phone _____

Liability Waiver: I hereby absolve for myself, my heirs, executors, and administrators, any and all rights and claims or damages I may accrue against the Cedar River Complex, City of Osage, and individuals or groups associated with the City of Maples Road Races for any and all injuries suffered by me while participating in said event. I further, hereby, certify that I am physically fit to participate in the race I am registered in.

Your Signature (a parent is to sign if you are under 18)

Entry Fee Enclosed:

\$12 by June 20

\$17 by July 3

\$20 on July 4th

checks payable to City of Maples Road Races

Return to:
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