



An Avera Partner



# University of Okoboji WINTER GAMES 5K/10K

Saturday, January 26, 2019

CHECK-IN TIME: 12:00 to 1:00 pm

(On-site registrants **MUST** check-in by 1:00 pm)

RACE TIME: 1:30 pm sharp!

LOCATION: Spirit Lake Middle School, 609 28<sup>th</sup> Street

### Start and Finish:

Walkers and race entrants for 5K and 10K will start at the Spirit Lake Middle School - **Showers are available - bring your own towels**

### Divisions:

12 & under, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+. Same for men and women, 5K and 10K. All ages and skill levels encouraged to participate.

### Awards:

Awards Ceremony at the Spirit Lake Middle School following the race.

- \* Grand prizes for Overall Male and Female winners in each race
- \* Medals for first, second, and third place in each age group
- \* Door prize drawings for race participants - must be present to win

### Race Course:

- 5K: A challenging two-hill out and back course
- 10K: A loop around Francis Sites, with several generous hills

### Entry Fee:

- \$25 If received by 1/17/19 (**enter by 1/17/19 to be guaranteed a shirt**)
- \$30 1/18/19 until day of race (1/26/19) on-site registration
- \$20 Per person for a rate of 3 or more participants (**please note rate does NOT apply for registrations received on race day**)

If you have questions about Winter Games, contact the Chamber of Commerce at 712-332-2107 or 800-839-9987. Because of potential inclement weather, the race director reserves the right to cancel anytime. No refunds, but pre-registration by 1/17/19 does guarantee you will get a shirt.

REGISTRATION ALSO AVAILABLE ONLINE AT  
[WWW.UOFOWINTERGAMES.COM](http://WWW.UOFOWINTERGAMES.COM)

## U of O Winter Games 5K/10K Entry Form:

Name \_\_\_\_\_

Age \_\_\_\_\_ Birth Date \_\_\_\_\_ Gender \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Race (circle one)            5K    10K

Shirt Size (circle one)    S    M    L    XL    XXL

Entry Fee: \$20 Group Rate (3 or more; by 1/25/19) \_\_\_\_\_

\$25 \_\_\_\_\_            \$30 \_\_\_\_\_  
(by 1/17/19)                    (1/18/19 thru 1/26/19)

Make checks payable to "Iowa Great Lakes Area Chamber of Commerce."

**WAIVER OF LIABILITY:** In consideration of the foregoing, I or myself, my heirs, my executors, administrators and assignees, do hereby release and discharge the City of Spirit Lake, Spirit Lake Middle School, Spirit Lake Booster Club, Iowa Great Lakes Area Chamber of Commerce, and all Winter Games sponsors from claim, damages, actions, whatsoever in any injuries suffered me in connection with the 2019 University of Okoboji Winter Games 5K/10K.

Signature (If under 18, parent must sign)

For more information, contact the race director: Jennifer Gustafson at [jennifer.gustafson@lakeshealth.org](mailto:jennifer.gustafson@lakeshealth.org) or at 336-8799 or 339-5754. Mail entry forms to: U of O Winter Games 5K/10K, PO Box 9, Arnolds Park, IA 51331.