



**Linn-Mar Growl Prowl**  
**5K Run/Walk**  
**Linn-Mar High School**  
**October 3, 2009**  
**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 October 3:** \_\_\_\_\_ **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

<input type="checkbox"/>
<input type="checkbox"/>

Mile Run (up to age 14)

<input type="checkbox"/>
<input type="checkbox"/>

**Race Entered (Check Box)**

400 m. Run (up to age 8)

200 m. Run (up to age 5)

**Make Checks Payable to:**

**Mail to:** Linn-Mar Foundation  
 Growl Prowl 5k  
 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 entry postmarked by Sept. 28 \$18.00
- Current Linn-Mar students in 5k by Sept. 28 \$15.00
- Youth mile, Kids 400 / 200 m. Run by Sept. 28 \$10.00
- **Late registration:** Packet pick-up (Oct 2) or Race day (Oct 3)– **All 5k participants** \$25.00
- **Late registration:** Packet pick-up (Oct 2) or Race Day (Oct 3) – **All youth race participants** \$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, October 2 from 4:00 – 8:00pm in the Linn-Mar High School Lower Commons (next to the gymnasium).

**5k Runners age group winners (awards to the top 3 finishers in each group)**

14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 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 finisher's 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 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:** \_\_\_\_\_