

**Keota Fun Run – June 15, 2019**

**1 MILE, 5K, 10K**

**Start-Finish** - The start and finish will be at the Keota Community Schools located on North Ellis Street. The course will be on paved, FLAT streets and roads. **Registration begins at 7:30 with race time at 8:00 am sharp!**

**Walkers** - We encourage walkers in both the 1 mile and 5K events! Please NO walkers in the 10K!

**Awards** - Medals will be given to the top 3 places in each division and each participant aged 10 and under.

**NEW THIS YEAR!** – The proceeds of the race will go to Keota’s Youth Plus After Prom Program!

**MORE NEW STUFF!** – Our goal for this year is to have 100 runners! Every 10<sup>th</sup> registrant will receive a thank – you gift for registering and the 100<sup>th</sup> registrant will receive an extra gift!

**Registration** - \$25 if received by May 31<sup>st</sup>, add \$2 for XXL and XXXL shirt sizes.  
\$25 after May 31<sup>st</sup>, but you may not receive a t-shirt

**Checks payable to: Keota Youth Plus**

Mail registration to: Keota Youth Plus  
Attention: Denise Sieren  
26584 305<sup>th</sup> Avenue  
Keota, Iowa 52248

Questions can be emailed to:  
[runkeota@gmail.com](mailto:runkeota@gmail.com)

---

**Name** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Street** \_\_\_\_\_ **City** \_\_\_\_\_

**State** \_\_\_\_\_ **Zip** \_\_\_\_\_ **E –mail** \_\_\_\_\_

*Please circle your shirt size:* Youth – S M L      Adult – S M L XL XXL XXXL

**OR** – Check this box if you choose NOT to receive a t-shirt

**Age on June 15, 2019** \_\_\_\_\_ **Gender** - M F      **Event** – 1 Mile 5K 10K

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may have against individuals associated with the event, sponsors, and officials, for any and all injuries suffered by me during, because of or in travel to and from the said event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and sufficiently trained to participate in this event.

---

**Signature or Signature of Parent or Guardian if under 18**

---

**Date**