



# CAMP IO-DIS-E-CA

## “3G<sup>2</sup>”

### 5K Cross Country Run

### 1 Mile Fun Run/Walk

### Kids’ Fun Run (10 years and younger)

## MONDAY, SEPTEMBER 5

### Registration Deadline – September 2, 2011

5K – 3:30 p.m.

1 Mile Fun Run/Walk – 3:40 p.m.

Kids’ Fun Run – 4:15

Post Race Picnic – 4:30 p.m.

**ALL RACES WILL BE HELD AT:**

Camp Io-Dis-E-Ca

3271 Sandy Beach Road

Solon, Iowa 52333

*Detach and return with registration fee:*

**Name:** \_\_\_\_\_

**Gender:** M / F

**Age:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Race:** (check one)

**Fee**

**5K** ..... \$25

**1 Mile Fun Run/Walk** ..... \$20

**Kids Run (10 years and younger)** \$10

(checks payable to: “Camp Io-Dis-E-Ca”)

**Awards will be given for Most Pledges and Total Pledges in each race.**

*PLEDGE FORM ON SEPARATE SHEET  
Bring Pledge Sheet and Pledges to Race!*

**T-Shirt Size:**

**Adult**

**Youth**

**S**

**S**

**M**

**M**

**L**

**L**

**XL**

**XL**

I am aware that running and walking involve risk of physical injury. I hereby waive Camp Io-Dis-E-Ca of responsibility for any and all liability associated with my participation in this activity.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian  
if participant is a minor

\_\_\_\_\_  
Date

**ALL FEES AND  
PLEDGES WILL BE  
USED FOR  
RENOVATION OF THE  
CAMP'S SWIMMING  
POOL!**

**Checks to:  
"Camp Io-Dis-E-  
Ca"**

Question? Contact – Tammy Knox 319/266-0933

**Mail Registration to: 3G<sup>2</sup> Run Registration  
125 Magnolia Drive  
Cedar Falls, Iowa 50613**