

Stinkf t



October 3, 2010
Sunday-8:00 A.M.



Lion's Park-Altoona, Iowa

5K run/walk-Little Stinkers Race
Cyclocross Event to follow

Entry Fees: Online at www.altoonatriathlonclub.com

Online \$20 through 09/30/10

Mail \$20 postmarked by 09/25/10

All late entries \$25 (t-shirt size not guaranteed for late entries)

Race day entry closes PROMPTLY at 7:30 A.M.

NO ENTRY FEE REFUNDS

Registration for Cyclocross accepted day of event

Packet Pickup: Saturday, 10/02/10, 12-3 P.M. at Being There coffee house

Sunday, 10/03/10, 6:30-7:30 A.M. at Lion's Park, Altoona

The 5K course is USATF certified and is entirely on city streets with the start and finish in Lions Park. Awards will be presented to male and female overall winners as well as the first three places in five-year age groups. The Little Stinkers race (10 yrs & younger) will be held on an adjacent bike path and is free.

2010 Stinkfoot proceeds will benefit **A-T CHILDREN'S PROJECT**. A-T (ataxia-telangiectasia) combines the worst symptoms of muscular dystrophy, cerebral palsy, cystic fibrosis, immune system problems, and cancer, especially leukemia and lymphoma. Children with A-T are usually confined to wheelchairs by age 10 and often do not survive their teens. The proceeds from this event will fund specific A-T research, and because A-T is a multi-symptom disease, scientists believe that A-T research will help more prevalent diseases like Parkinson's, Alzheimer's, AIDS and cancer.

For driving directions, a course map and much more information go to www.altoonatriathlonclub.com

M/F age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over

Make checks payable to Altoona Triathlon Club

Mail completed entry forms to: Stinkfoot 5K, 2117 Country Cove Ln, Altoona, IA 50009

Last name _____ First name _____
Address _____
City _____ State _____ zip code _____
Daytime phone _____ t-shirt size (5K only) S M L XL 2X (circle one)
Male or Female (circle one) Age on 10/03/10 _____
5K run/walk or Little Stinkers (circle one)
Email address _____ Amount enclosed \$ _____

WAIVER MUST BE SIGNED!

In consideration of your acceptance of this entry, I release all groups and persons, including the City of Altoona, the Altoona Triathlon Club, the Stinkfoot 5K officials, sponsors, contributors, volunteers, etc. from any and all liability for any injury or damages whatsoever arising from any participation in this event. I also authorize any medical treatment deemed advisable by any licensed physician to relieve any injuries or illness while a participant or observer. I understand that shirt size cannot be guaranteed on race day. I acknowledge that the entry fee is nonrefundable and non-transferable. I certify that I have read this document and agree with its contents.

SIGNATURE (parent or legal guardian if participant is under 18)

DATE