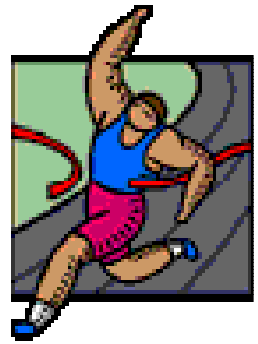




**George 4<sup>th</sup> of July  
5k Fun Run/Walk  
Saturday, July 4, 2009**



- Registration:** Check in starts at 7:00 a.m.  
Run begins at 8:00 a.m.  
Walk begins shortly after run
- Route:** Run and Walk begin at the corner of L-14 (Virginia Street) and A-34 (Dakota Avenue).  
Route consists of city streets and recreational trail-No steep inclines or declines.  
(Parking available at Jurrens Funeral Home and Frontier Bank.)
- Age Brackets:** Top 3 finishers of each category will medal.  
Categories are TBA
- Post Race:** Awards will be presented once all participants have completed the race.  
Refreshments will be provided at the finish line.
- Cost:** Cost is \$15.00 if received by June 19.  
\$20 if received after June 19.  
Price includes the T-shirt and refreshments.  
All proceeds go to the George Recreational Trail.
- To Register:** For additional information or to register, please contact Kristi Landis (712) 475-2862 or by e-mail at [flandis@mtcnet.net](mailto:flandis@mtcnet.net). Future details can also be found at [www.georgeiowa.com](http://www.georgeiowa.com).