



Linn-Mar Growl Prowl
 5K (run/walk); 8K (run); Track / Field Events
 Linn-Mar HS Stadium
 Saturday, April 21, 2018 @ 9:00am
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 April 21, 2018: _____ **'17-'18 Grade:** _____ **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

Please check the event(s) you are registering for below:

Traditional Growl Prowl Events

- 5K Run / Walk
- 8K Run
- Mile Run (up to age 15)

Registration Fees (NO REFUNDS)

- Adult 8K / 5K (postmarked by 4/16) \$25.00
- Current LM student in 8K / 5K (by 4/16) \$20.00
- Youth mile (by 4/16) \$10.00

New Track and Field Events

- 100 meter dash (grades 1 – adult)
- 200 meter dash (grades 1 – adult)
- 400 meter dash (grades 1 – adult)
- 800 meter dash (grades 1 – adult)
- Punt – Pass – Kick (grades 1 – adult)
- * Marshmallow Race (PK – 5th grade)
- * Sack Race (PK – 5th grade)
- * Hula Hoop (PK – 5th grade)
- * Bean Bag Toss (PK – 5th grade)
- * 200 meter fun run (Pre-K to K)
- * 400 meter fun run (Pre-K to K)
- * Participation ribbons given to all

- LATE (4/20-4/21): All 8K / 5K \$30.00
- LATE (4/20-4/21): Youth mile \$12.00

Track and Field Events

- 1 event \$10.00
- 2 events \$15.00
- 3 events \$20.00
- 4 events \$25.00
- 5 events \$30.00

Additional donation to Linn-Mar Growl Prowl \$ _____

Total Amount Submitted \$ _____

Age group and race information found at www.growlprowl.com

Make Checks Payable to:

Linn-Mar Foundation

Mail to:

Linn-Mar Foundation
 c/o Growl Prowl
 2999 N. 10th St.
 Marion, IA 52302

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/8K or kids running events. 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: _____