

Homecoming J-Hawk Mile Elementary School(Grades K – 5) and 6th Grade J-Hawk Superstar Run and Tot Trot

Date: Wednesday, September 22, 2010
Time: 4:30 p.m. – 1 Mile Superstar Run – 4:30 Boys, 4:45 Girls, 5:00 Tot Trot
Place: Start and finish at Walker Johnson Park (soccer field by Police Station)
Fee: Kids Mile – \$5.00, Tot Trot–Free

Send registration to: Olmsted School, 7110 Prairie Ave., payable to Olmsted School
or fax 457-5804 or race day 3:30-4:15.

Medal Pick-Up: All runners will receive finisher medals **AFTER** the race at the Walker Johnson Gazebo.

Awards: Individual – All runners receive a finisher medal. Overall top 3 (K-5) and winners by grade. Team Competition – A traveling team trophy will be awarded to the elementary school (K – 5) that has the highest 5 finishers in the Superstar Mile. Awards for 1st, 2nd and 3rd place will be given by grade.

Questions: Contact Sara Cullinan at 515-457-5800 Fax 515-457-5804
email cullinans@urbandale.k12.ia.us

Special Note: Meet and run with Urbandale Boys and Girls Cross Country runners and coaches.

Park in Urbandale Library parking lot. Race starts at the shelter near the Police Station.

Previous Team Winners: Boys 1996 Olmsted, '97 Brooks-Des Moines, '98 Olmsted, '99 Waukee, '00 Waukee, '01 Olmsted, '02 Olmsted, '03 Olmsted, '04 Olmsted, '05 Rolling Green, '06 Valerius, '07 Valerius, '08 Valerius, '09 Valerius,

Girls 1996 Karen Acres, '97 Karen Acres, '98 Karen Acres, '99 Olmsted, '00 Olmsted, '01 Rolling Green, '02 Olmsted, '03 Olmsted, '04 Olmsted, '05 Olmsted, '06 Olmsted, '07 Olmsted, '08 Olmsted, '09 Olmsted

Fall for Urbandale Entry Form (One person per entry. Form may be photocopied.)

Make check payable to Olmsted. Mail to: Olmsted School, 7110 Prairie Ave., Urbandale IA 50322 or fax 457-5804

Name: (Last,First)_____

Street_____City_____State_____ Zip_____

Grade K 1 2 3 4 5 6* School_____

Sex M F

Entry Fee – Mile Run \$5.00

Form downloaded at www.FitnessSports.com

Tot Trot free and no entry form required.

*Not eligible for team award.

Total Enclosed_____ (not refundable)

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

Signature of guardian

Date