

2010 Dr. David Wang Memorial Half Marathon and Panorama Days 5k Run/Walk
7:30 a.m. Saturday, August 7th, 2010
Panorama High School Track, 701 W. Main Street, Panora, Iowa 50216

DR. DAVID WANG MEMORIAL HALF MARATHON 2010 (USATF certified #IA09004MF)

Start time: 7:30 a.m. SHARP!

Course: Scenic, challenging course run through the streets of Panora, Lake Panorama, and the Raccoon River Valley Trail. Finish with a "lap of glory" around the track. Yes, there are hills and a short section on gravel. Multiple on-course water/Gatorade stops.

Divisions: Men's and Women's

Age Groups: 19 and under, 20-29, 30-39, 40-49, 50-59, 60+

Awards: *All registered half marathon participants will receive a 35"x62" embroidered beach towel. Medals will be given to the top three place winners in each age group for each division. **CASH PRIZES FOR OVERALL TOP 3 MEN AND TOP 3 WOMEN IN HALF MARATHON--\$100 for 1st, \$75 for 2nd, \$50 for 3rd.***

Half Marathon Individual Entry Fee: \$30 on or before Saturday, July 31st, 2010
\$40 August 1st through race day

PANORAMA DAYS 5K RUN 2010

Start time: 7:45 a.m. SHARP!

Course: Out-and-back following first 1+ miles of half marathon course, finish with a lap around the track. Yes, there is some gravel. On-course water/Gatorade stops.

Divisions: Men's and Women's

Age Groups: 0-9, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60+

Awards: *All registered 5K participants will receive a 20"x50" embroidered bath/gym towel. Medals will be given to the top three place winners in each age group for each division. **\$25 CASH PRIZE FOR FASTEST OVERALL MALE AND FASTEST OVERALL FEMALE 5K FINISHERS.***

5K Individual Entry Fee: \$15 on or before Saturday, July 31st, 2010
\$20 August 1st through race day

SPECIAL 5K ONLY Family Entry Fee: \$50 through Saturday, July 31st, 2010
\$60 August 1st through race day

The 5K Family Entry Fee is available for 4 or more members of the same family (parents/legal guardians, grandparents, and/or children). Fill out separate entry forms for each person and submit all forms together with a single payment.

Early Packet Pick-up and Registration: Friday, August 6th, 2010, 5:00-7:00 p.m. at the Panorama Days Booth located at the town square.

Race Day Registration and Packet Pick-up: 6:00 a.m. to 7:15 a.m., Saturday, August 7th, 2010 – Panora High School Track.
RACE DAY REGISTRATION WILL END PROMPTLY AT 7:15 A.M.! DON'T BE LATE!

Results: Final results will be posted after the event at www.fitnesssports.com



***Please sign and return the registration/waiver shown below with your payment *** (SEE BELOW/NEXT PAGE)

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2010 Dr. David Wang Memorial Half Marathon and Panorama Days 5k Run/Walk Registration

Participant Name (print) _____ Date _____

Address _____ City _____

State _____ Zip _____ e-mail _____

Sex (please circle): Male Female Age on Race Day: _____

EVENT: _____ Dr. David Wang Memorial Half Marathon _____ Panorama Days 5K Run/Walk

5K Family Rate (please circle)? Yes No

Amount Enclosed: \$ _____

In consideration of the opportunity and privilege of running/walking during the Panorama Days celebration sponsored by the Panora Chamber of Commerce, I/We agree to indemnify and hold the Chamber, its agents and representatives, the Wang 1/2 Marathon Foundation, its agents and representatives, organizers, sponsors, supervisors and participants associated with the event harmless from any claim or cause of action whatsoever arising out of or in any way connected with my/our participation in this event. I also agree not to assert any claim or bring any cause of action on my own behalf for any damage or injury I may suffer as a result of or in anyway connected with my participation in this event. The Panora Chamber of Commerce, Wang 1/2 Marathon Foundation and event sponsors will not be held responsible for loss of personal property.

Signature of Participant

Date

Signature of Parent/Guardian if Participant is under 18

Date

Make checks payable to: Wang 1/2 Marathon Foundation

Mail payment and registration form(s) to:

**Wang Half Marathon/5K
ATTN: Sandy Leiferman
4628 Jeanie Lane
Panora, IA 50216.**

Questions? Call Sandy at (712) 830-9007

