

Race Information

The 2nd Annual Panther Prowl 5K will be held:

Saturday August 8, 2009 at 8 AM
Lil' Panther 12 & Under Fun Run at 9 AM

Please arrive between 6:30 - 7:30 AM to pick up your packet and get your race number.

The race will start and end in front of B.E. Somebody Fitness and MinnTex at 701 John Drive in Monticello. (take Hwy 38 N out of Monticello, turn left or west on 11th St. At T stop sign, B.E. Somebody to right)

5K Race Age Categories and Awards

0-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+ Male and Female Classes

1st Place Trophies & \$100 Overall Male and Female Medals to 1st thru 3rd Each Age Group M & F

5K (3.1 Miles) Course Description Scenic Out and Back (fairly flat & fast)

Race Day Schedule:

630 AM – 745 AM Packet Pickup/Registration

8 AM 5K Start

9 AM Lil' Panther 1K = 0.622 Miles

915 AM Awards Presentation

POST RACE REFRESHMENTS!!

Kids Fun Run is for Ages 12 & Under. Distance is 1 Kilometer or 0.622 Miles out and back. Parents may run with their children and strollers are welcome! All Kids receive a ribbon for finishing. No place awards.

For a Good Cause:

All Proceeds from this event will go directly to the Monticello Athletic Program.

5K Results will be posted at: www.fitnesssports.com

2nd Annual PANTHER PROWL 5K Run or Walk

Any pace welcome!

\$100.00 Cash To 1st Place
Male and Female 5K Winners

Lil' Panther 12 & Under Fun Run



HOSTED by
Monticello Athletics & Friends

Gold Sponsors



MinnTex
Citrus Fund Raising & Gift Fruit



Registration Form

CHECK ONE: 5K _____ or **Kids 1K** _____

Name _____

Age _____ (on Race Day 8/8/09)

Email Address _____

Address _____

City _____ State _____ Zip _____

Ph. # _____

MALE _____ FEMALE _____

Waiver: In consideration of my participation in the Panther Prowl race, I the undersigned, my heirs, executors and administrators consent to discharge, release and hold harmless the City of Monticello, Jones County, Monticello High School, race sponsors, workers/volunteers and their affiliates, successors and distributors for claims, actions, losses, damages or expenses for personal or bodily damage and property loss or damage incurred by me arising out of or in connection with my participation in this event. I have read the foregoing and am of legal age to consent to the waiver and have trained to the best of my ability for this event.

Signature of Participant (parent/guardian if under 18) _____

Participant/Parent Guardian (if under 18) _____

T-Shirt Size (please check one):

S _____ M _____ L _____ XL _____ XXL _____ (add \$2)

Y XS 2-4 _____ Y S 6-8 _____ Y M 10-12 _____ Y L 14-16 _____

Entry Fees (nonrefundable):

5K Postmarked by July 25 = \$15 (after July 25 = \$20)

Kids 1K by July 25 = \$10 (after July 25 = \$13)

NOTE: Shirts are not guaranteed after July 25

Cut this section and Mail it with entry fee to:

B.E. Somebody Fitness

P.O. Box 404

Monticello, Iowa 52310

Or Drop off at B.E. Somebody Fitness 701 John Drive.

Make Checks payable to: Panther Prowl Races

For additional information call:

Mike Lambert at 319-465-4548