

The Iowa City Junior Service League Presents the 3rd Annual  
**SOLSTICE STRIDE**

To benefit the Shelter House of Iowa City  
<http://shelterhouseiowa.org>

**June 20, 2009**

**5K Family Run / Kids' Solstice Sprint**



**Sponsored by:**



*UI Spine Center*

University of Iowa Health Care



*UI Sports Medicine*

University of Iowa  
Hospitals and Clinics

**Run / Walk Information**

**Date and Time**

Saturday, June 20, 2009  
 5:00 p.m. Solstice Sprint (8 & under)  
 5:30 p.m. Family 5K Run/Walk

**Location**

S.T. Morrison Park  
 1506 Eighth St., Coralville, IA

**Entry Fees**

\$10 per child (13 and under)  
 \$20 per adult, \$45 per family  
 Race Day registration \$25 for adults

**Course**

The Solstice Sprint and the 5K will start and finish in S.T. Morrison Park.

**5K Race Divisions**

13 & Under	14-18
19-29	30-39
40-49	50+

**General Information**

**T-Shirts**

Participants who register by June 10th will receive a 2009 Solstice Stride short sleeve t-shirt. If you register after June 10th, you are not guaranteed a t-shirt.

**Race Day Activities**

Live music will be performed from 4:30-6:30 pm by Jenny Winegarden and Jennifer Newman from Preucil School of Music in addition to balloon and magic by Papa Balloon! There will also be a complimentary burrito bowl bar sponsored by Panchero's for all adult racers!

**Results**

Runners will be responsible for their own times. The overall male and female race winner will receive a \$50 gift certificate to Active Endeavors. Top male and female in each age group will win an award and ribbons will go 2nd and 3rd places. All children who participate in the Solstice Sprint will receive a ribbon and goodie bag. Award ceremony will immediately follow the race.

**Registration and Packet Pick Up**

Register by June 10th to ensure that you receive a t-shirt. You may send in your form(s) to ICJSL, PO Box 3048, Iowa City, 52244-3048. You may register and pick up packets the day of the race from 4:00-5:30 p.m. at S.T. Morrison Park. Extra forms available at <http://www.icjssl.org>

**Entry Form: please fill out one entry form per person. Families should send in all forms together. Thank you!**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

E-mail: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

T-Shirt (circle one): Adult: S M L XL XXL Youth S M L

Age as of June 20, 2009: \_\_\_\_ | Sex: M F | 5K Run/Walk: \_\_\_\_ | Kid's Fun Run: \_\_\_\_

Please make checks payable to ICJSL | PO Box 3048 | Iowa City, IA | 52244-3048

Questions? Contact Andrea Kout at [alkout1@gmail.com](mailto:alkout1@gmail.com) REFERRED BY \_\_\_\_\_

Office use only: Check# \_\_\_\_\_ Cash \_\_\_\_\_ Amt \_\_\_\_\_ Age Group \_\_\_\_\_

**Fee Explanations:**  
 (circle one)  
 Child (3-13) **\$10**  
 Adult (14 & up) **\$20**  
 Family **\$45** (Please fill out one application per person and send in together.)  
 Race Day Registration **\$25**

**Waiver:** In consideration of acceptance of entry, I for myself, my executors, administrators and assignees do hereby release and discharge the directors, race committee, all sponsors and land owners for all claims of damages, demands, and actions whatsoever in any manner arising or growing from my participation in the Solstice Stride 5K or Sprint.  
 Signature: \_\_\_\_\_

Signature

Note: If under 18, parent or guardian must also sign.