



18th ANNUAL
SOLON BEEF DAYS RUN

5K & 1 MILE RUNS
July 17, 2010

Location: On the southwest side of Solon, behind Lakeview Elementary School.

Race Time: 1 Mile @ 7:30 5K @ 8:00

Registration: Pre-register by mail –
Race Day Registration - 6:30-7:30 a.m. @ race location

1 Mile \$10 – 5K \$15 (*Solon Cross Country Team Members - \$5)
*T-shirts available while supply lasts for race day registration

Course: The Beef Days Run is fast with gentle rolling hills. The start and finish are near Lakeview Elementary School.

Awards: Medals to the top three male & female finishers in each age division. Trophies will be awarded to the top male & female finishers in each race.

Information: Brad & Regina Randall 319-624-2857
online entry forms @ www.beefdays.com

NO DOGS ALLOWED IN OR NEAR RACE

Mail registration form to: 726 Raymond Dr. Solon, IA 52333

Name _____

Address _____ Phone _____

Age _____ Male _____ Female _____ 5K _____ 1Mile _____

1Mile Age Division: (circle one)

Under 5, 5-6, 7-8, 9-10, 11-12, 13-15, 16-18 19 & up

5K Age Division: (circle one)

Under 15, 15-18, 19-29, 30-39, 40-49, 50-59, 60 & up

Shirt Size (circle one)

Adult: small medium large XL XXL *Child:* small medium large