

EVENT RECORDS

5K

Female: Cindra Kamphoff, Mankato 19:56
Male: Brian Gesink, Sioux Center 16:47

10K

Female: Sonya Jongsma-Knauss, Sioux Center 42:17
Male: David Bohlken, LeMars 36:00

2015 WINNERS

5K

Female: Shannon Schreurs 21:44
Male: Steve Drenkow 18:56

10K

Female: Leianna Hellinga 47:40
Male: Christian Karels 36:37

11th Annual



JUNE 4, 2016

Join us
For A Great Cause!



REGISTER ONLINE AT
ALL SPORT
central.com
Registration. Results. Relax.



Summer is right around the corner and we are gearing up for our 11th annual Run, Walk & Roll event scheduled for Saturday, June 4! We are always excited to welcome the returning participants and for those who have not participated in the past, it's a great event for the entire family. At Village Northwest, we provide opportunities for individuals in all areas of their life. This community-involvement event is something our residents look forward to each and every year!

How do I participate?

- 1. Run/Walk/Roll!** Our event will consist of a 5k, 10k, or 1 mile walk/roll. All Sport Central will be clocking the accurate finish results with chip timing for the 5k and 10k. Online registration is quick and easy - follow this link to register!

www.allsportcentral.com

OR use the registration form within this brochure.

- 2. Make a Donation!** Even if you can't participate, you can show your support by sponsoring a participant or Village home. Online gifts can be given through the link on the Village website or use the form on the right when sending a check.
- 3. Raise Funds!** Start your own fundraising campaign, collecting donations from your friends and relatives to support our event.

SPONSOR A PARTICIPANT !

Donor's Name:

Address:

Amount Enclosed:

Name of Person (or house) you are sponsoring (optional):

Village Northwest Unlimited
330 Village Circle | Sheldon, IA 51201
712.324.4873



KEY SPONSORS



Sheldon



PREMIER SPONSORS

American State Bank

DeKoter, Thole & Dawson, P.L.C

Demco

Den Hartog Industries

Freed Family

Hy-Vee

Northwest Décor & Furniture

Sheldon Chiropractic Clinic

Dr. Anthony Bart

Start

All events will begin at 8:00 am on the grounds of Village Northwest Unlimited. Village Northwest is located 1.5 blocks north of Highway 18 and 18th Avenue.

Registration

Pre-registration is strongly encouraged before race day. Return completed form with payment or register online at: www.allsportcentral.com.

Entry Fee

Entry fee for the 5k, 10k run and 1 mile walk/roll is as follows:

\$25—until May 13, 2016

\$30—May 14-May 27, 2016

\$35—after May 27, 2016

Course

All events will be run on a well marked, hard surfaced, flat to gently rolling course, utilizing the Sheldon Recreation Trails, the Village drive and Sheldon city streets. Traffic will be controlled and aide stations will be located on the course. The 1-mile walk/roll will be wheelchair accessible.

Packet Pick-Up

Runners: 5k & 10k should plan to pick up their packets, which will include bibs, t-shirts, timing chips and maps, from the Wansink Center on the Village Northwest Campus from 4:00 pm to 5:30 pm on Friday, June 3. Due to the usage of the timing system, please make an attempt to get your packet on Friday because there will be limited time available for packet pick-up on Saturday morning. Packet pick-up on Saturday will be from 6:45 am to 7:30 am.

Walkers/Wheelchair Rollers: Those doing the 1-mile walk/roll do not need to do packet pick-up on Friday or Saturday, but should check in and pick up their t-shirt on Saturday morning.

Post Race

Be sure to stick around after the race to cheer on the rest of the participants. Refreshments will also be available!

Awards

Overall male and female winners in the 5k and 10k run will receive a trophy. Top 3 male and female finishers in the following age groups will receive a medal.

Age Group:	13 and under	14-19
	20-29	30-39
	40-49	50-59
	60-69	70+

Village Northwest Unlimited 11th Annual Benefit Run, Walk & Roll Saturday, June 4, 2016

Runner/Walker Registration

Name _____

Address _____

City/State/Zip _____

Email Address _____

Home Ph. _____

Cell _____

Age (on race day) _____ Male Female

5k 10k 1 mi. Donation only

Shirt Size (circle one) S M L XL 2XL

Amount Enclosed: \$ _____

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors, administrators, waive any and all rights and claims for damages I may have against individuals associated with this event, its agents, representatives, successors, and assigns for all injuries suffered by me in said event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and have trained to participate in this event. I also agree to permit the use of photos taken at the event for publicity purposes.

Signature: _____

Date: _____

Send checks and completed entry form to:

Village Northwest Unlimited
330 Village Circle Sheldon, IA 51201