



1st Annual

H.O.T. TROT

5K Run/Walk

Saturday, October 16th 8:30 AM

(Runners/walkers of all levels welcome. Strollers welcome.)

Location: Race will begin and end at the Grinnell Christian Church (1331 Hobart St).
Registration located in the south gravel parking lot from 7:30-8:15 AM.

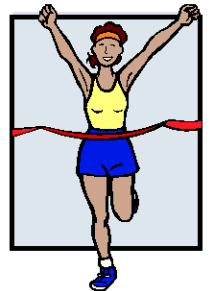
Cost & Registration Deadlines: (Make checks payable to Grinnell Christian Church):

* Entries post marked by 10/02/10: \$20 (Includes T-shirt) \$15 (Race only)

* Race day registration: \$25 Includes T-shirts (if available)

* Please bring used tennis shoes to donate! We hope to collect 100 pairs for Lifeline in Haiti!

Divisions: 13 and Under, 14-17, 18-29, 30-39, 40-49, 50-59, 60+
Top 2 Male and Female from each age division awarded prizes.



Awards: Awards will begin at approximately 9:30 a.m. in the church gym.
Winners will receive free lunch as well as Harvest Dollars to be used at Harvest of Talents taking place in the church gym.

Proceeds: All proceeds go to Harvest of Talents (H.O.T.) supporting Lifeline Christian Mission (www.lifeline.org). Plan to stay to see all the great items available at the Harvest of Talents beginning at 9:00 a.m. in the church gym. Live auction at 1:00 p.m.!

Mail to: GCC H.O.T. Trot, 1331 Hobart Street, Grinnell, IA 50112

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Shirt Size (circle one): S M L XL XXL

Signature (or parent/legal guardian if under 18) _____