

Date & Time

Saturday, Oct. 29

- 9-9:30 a.m. Pick-Up Number & T-shirt @ Stadium Locker Room
- 10:00 a.m. 5K Run/Walk begins on NE corner of stadium track
- 11:00 a.m. Awards Ceremony/Prizes

Early Pick Up

You may pick up your t-shirt & number Thursday, Oct. 27 at the Red & Black Shack (high school store) until 4 p.m.

Location

Event begins at the Newton H. A. Lynn Stadium, 1106 W. 6th St. S., Newton, Iowa

Entry Fee

- \$20 By Friday, Oct. 14, includes t-shirt
- \$15 By Friday, Oct. 14, "no t-shirt" rate
- \$25 After Oct. 14, Late Entry Fee applies
No t-shirt will be available

Included with Entry Fee

- Long sleeved t-shirt
- Water post race
- Chances for door prizes
- Awards given for best times in gender/age groups & Most Creative & Best Costume!

Route

Partial lap around the track, then continue onto the hike/bike trail that parallels the interstate, running west to the "Welcome to Newton" sign along Hwy 14, then returning to the stadium on the same path. Runners may run on the bike trail or on the grass.

Parking

Stadium area and Maytag Park

Mail Entry To:

Cardinal 5K Fun Run/Walk
Newton High School
800 E 4th St. S
Newton, IA 50208

In Person At:

NHS Office, School Store,
or DECA Room 108

Due Oct. 14

Be sure to check
out the insert
about the 9 a.m.
Kids' Run!



*Presented by
Newton High School DECA
"The Marketing Club"*

Event Questions? Contact Karla Cazett
@ 792-5797, ext. 2108 or
cazettk@newton.k12.ia.us



4th Annual Spooktacular

Cardinal 5K



Fun Run/Walk

Saturday,
October 29, 2011
10:00 a.m.

At H.A. Lynn Stadium
Newton, Iowa

NEW THIS YEAR! Oct. 29

9:00 a.m. Kids' Run

& Post-run games by the HERO Club

In Conjunction with the Cardinal 5K Fun Run

Hey, Kids, Wear Your Costume!



Register Kids
by Oct. 14
on the Back
of this
Insert!

8:50 a.m. All Kids Report to the
North Goal Post

9:00 a.m. Kindergarten & Younger
100 Yard Run

9:10 a.m. Grades 1st – 3rd
400 Meter Run (1X around)
Girls, then Boys

9:20 a.m. Grades 4th – 6th
800 Meter Run (2X around)
Girls, then Boys

\$5 Entry Fee for Kids Run

Includes a goodie bag,
Medals for winners, & HERO games

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