

**ENTRY FORM (please print clearly)**

**\*\*One form per person\*\***

Name: \_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Male: \_\_\_\_\_ Female: \_\_\_\_\_ Age: \_\_\_\_\_

Event: 10k \_\_\_\_\_

5K \_\_\_\_\_

1mile walk/talk \_\_\_\_\_

1mile kids fun run \_\_\_\_\_

**SHORT SLEEVE TSHIRT:**

	Youth	Unisex
Small	_____	_____
Medium	_____	_____
Large	_____	_____
XL	_____	_____
2XL (+2.50)	_____	_____
3XL(+2.50)	_____	_____
4XL(+2.50)	_____	_____

**Waiver:** In consideration of accepting this entry, I or my executors, heirs, and administrators do hereby release and discharge all sponsors of this race and their representatives, successors and assigns from any and all liability arising from illness or injuries I may suffer as a result of my participation in this race. I also understand and agree that any sponsor may subsequently use for publicity and/or promotional purposes my name and/or photograph, video-tapes, motion pictures and recording of me participating in this event without obligation or liability to me. I have read the foregoing and certify my agreement by my signature below.

\_\_\_\_\_  
(parent if participant is under the age of 18)

Please mail to: Team Amy Run  
209 N 20th Street  
Estherville, IA 51334

**RUN ROUTE**

All events will start downtown Estherville east of the Library at the corner of 1st Avenue and North 8th Street. Runs will head North and work their way back to end at the corner of 1st Avenue and North 7th Street. Go to [www.teamamyrun.com](http://www.teamamyrun.com) for additional information.

**Team Amy is non-profit and proceeds will go toward in-need individuals, families and groups in the area.**

Team Amy Committee Members

- Terri Hanson
- Crystal Clabaugh
- Jill Gifford
- Pam Caboth
- Jodie Greig
- Jenny Nitchals

\*Contact us at [teamamyrun@hotmail.com](mailto:teamamyrun@hotmail.com)\*

**Team Amy Run**

9TH ANNUAL REGISTRATIONS

5.11.19

"RUNNING THE RACE OF LIFE"

**Spread Hope**

**Everywhere You Go**

Located downtown  
Estherville, IA

## Events

\*10k (6.2 miles)

-this event will go on some gravel

\*5k (3.1 miles)

\*1mile walk/talk

\*1mile children's fun run

-ages 12 and under

-will be chaperoned with workers  
and streets blocked off

*\*All events will have signs posted and streets  
marked along with workers at corners for  
easy directions\**

## Race Start Times

8:45am - 1-mile children's fun run

9:00am - 10k

9:30am - 5k & 1-mile walk/talk

10:30am - Awards ceremony with presentation  
of place winners and scholarships

## Entry Fees

10k - \$25 (\$30 after April 23rd)

5k - \$25 (\$30 after April 23rd)

1mile walk/talk - \$25  
(\$30 after April 23rd)

1mile children's fun run - \$15  
(\$20 after April 23rd)



[www.teamamyrun.com](http://www.teamamyrun.com)

[teamamyrun@hotmail.com](mailto:teamamyrun@hotmail.com)

## Pre-Registration

The pre-registration price for 10k, 5k, and 1-mile walk/talk is \$25.

The pre-registration price for 1-mile children's fun run is \$15.

Pre-registrations will be guaranteed a short sleeve t-shirt.

Deadline for pre-registration is

**April 23rd!**

There will be a last minute registration opportunity April 23rd from 4-7 held at the Interchange 71 Youth Center.

## Late/Same Day

## Registration

*\*Any registrations received after April 23rd\**

Pricing for 10k, 5k, and 1-mile walk/talk will be \$30 and t-shirt availability will be limited and on a first come basis. The 1-mile children's fun run will be \$20 and will not receive a t-shirt if registered after April 23rd.

There will be in-person registration and packet pickup on Friday May 10 from 4-6 at Interchange 71 Youth Center and Saturday May 11th from 7-8am at the starting location for all events.

## Awards

Awards will be presented to top male and female runners in age groups for 10k & 5k. All Children 12 and under who participate will receive a children's medal.

## Amy's Story...in part

Many of you may or may not know who Amy Jensen was. Amy, a former resident of

Estherville, was a student, daughter, sister, runner, and friend to many. Amy was filled with love and life . After

battling leg pain during her high school sports, Amy was found to have a tumor. She was

diagnosed with Osteosarcoma at the age of 16. From there

Amy underwent chemo, radiation, had

her left leg amputated, and underwent

several lung surgeries. Amy

was determined to return to

running as soon

as her health was in check, but she never got the chance. Amy lost her life to cancer at the age of 19 in 2009. Throughout everything Amy

endured she never gave up her faith and longed to share her faith with others. Amy shared her testimony to churches and schools before she

was gone. She touched many people's lives and hoped to continue touching them long after she was gone.

Through the Team Amy Run we hope to continue to share Amy's testimony and reach out to those in-need in the community. Amy's love and

laughter can still be heard today through stories, memories, and the Team Amy Run!

Read more of Amy's story @  
[www.teamamyrun.com](http://www.teamamyrun.com)

