



**FIRST NAME**

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**LAST NAME**

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**ADDRESS**

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**CITY**

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**STATE**

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**ZIP**

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**EMAIL ADDRESS**

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**BIRTH DATE:** \_\_\_\_\_

**SHIRT SIZE:** S  M  L  XL  XXL

**TEAM NAME (3 or more on a team):** \_\_\_\_\_

**AGE ON**

7-13-19

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**SEX**

M

F

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**WHICH EVENT?**

5K

10K

15K

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**ENTRY FEE**

\$30 (14 & Over)

\$20 (13 & Under)

Postmark: Friday, July 5 Online: Monday, July 8

\$37 from July 9-12 (July 12 by 11:00AM)  
(ON-LINE ONLY)

A \$2.50 convenience fee will also be added during online registration

\$42 at packet pickup

Friday, July 12, 5-8pm

Ames Fitness Center

3600 University Blvd

Saturday, July 13, 2-7pm

Ames City Hall Gymnasium

515 Clark Ave

**REGISTER ONLINE**

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

**EXTRAS**

Embroidered Sweatshirt - \$25  
(available at packet pick-up)

DO NOT MAIL AFTER JULY 5 - NO REFUNDS

**PLEASE NOTE**

- One person per entry?
- All boxes completed?
- Release signed?
- Correct amount paid?

### Competition Format

The start and finish is in downtown Ames. The running course will be a 5K loop on city streets. Post race entertainment and refreshments will be available near the starting line.

Separate male and female divisions will be offered in the following age groups: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 & Over.

Please visit the Midnight Madness web site for more information.

### Awards

Medals awarded to the top three finishers in each age and gender division. Iowa registrants qualify for Iowa Games medals. Awards will be presented at the post race celebration. Results will be posted on the link above. Results will not be mailed.

**WAIVER:** In consideration of acceptance of this entry I, intending to be legally bound hereby for myself and administrators, waive and release any and all right and claim for damages I may have or that may hereafter occur to me against all sponsors, contributors, supporters and officials associated with Midnight Madness, their representatives, successors and assigns for injuries by me during, because of, in travel to or from Midnight Madness.

**SIGNATURE** (parent or legal guardian if under 18): \_\_\_\_\_

**DATE:** \_\_\_\_\_

**MAIL TO:** Midnight Madness; PO Box 266; Ames, IA 50010