

# GLOW FUN RUN

## BANCROFT 4TH OF JULY EVENING OF SATURDAY, JULY 2, 2021

Start & Finish near Bancroft City Office on Ramsey Street

### GLOW Fun Run or Walk

Starts at 9:45 p.m.

Fun Run/walk will be approx. 1 MILE!

**\$15/person pre-register by June 20th**

**\$20/person after June 20th or day of race**

T-Shirts and a glow necklace & bracelet will be given to all pre-registered and as available on race day, but shirt sizes may vary. Sleeveless shirts will not be available on race day.

**The race will not be timed and no medals will be awarded as this is a fun run and we encourage all ages and fitness levels to participate.**

A detailed map will be provided at the Bancroft City Office, on our Facebook page and the day of the race.

1 MILE  
RUN OR  
WALK!

**Proceeds:** Support Bancroft 4th of July

**\*PRE-REGISTRATION GREATLY APPRECIATED**

**Questions:** Ruth Becker | 515-885-2631  
**For Up-to-Date Information:**

 Bancroft 5K & More

**Watch our Facebook Page for an online Registration Link and additional announcements.**



### FREE Tot Trot: 4 Races

Starts at 12:30 p.m. on July 4th near City Park area

**No Registration Needed, Just Come Ready to Run!**

Less than a block - Prizes to all - No t-Shirt

4 Races: 2 & Under, 3 to 4 yr. old, 5 to 6 yr. old, & Open Class: 7 yr. old and over

#### ENTRY FORM:

Name [Print]: \_\_\_\_\_ Age [on July 2nd] \_\_\_\_\_

Street: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Sex [Circle one]: M F Phone: \_\_\_\_\_ Email: \_\_\_\_\_

#### EVENT: [Circle One]

**Glow Run**

**SHIRT ONLY**  
No Race

#### T-SHIRT [Circle One]

**Short Sleeve: YOUTH - Small - Medium - Large**

**Short Sleeve: ADULT - Small - Medium - Large - XLarge -XXLarge**

**Sleeveless: \$1 EXTRA - ADULT- Small - Medium - Large - XLarge**

*Sleeveless Shirts must be pre-registered, not available on race day*

**Enclose Payment with Registration & Mail to:** Bancroft 5k % Ruth Becker, P.O. Box 106 Bancroft, Iowa 50517

*Entry Form & Payment can also be dropped off at Bancroft City Office, drop box preferred. \*Checks to Bancroft 4th of July*

#### NO REGISTRATION NEEDED FOR TOT TROT, JUST COME READY TO RUN

In consideration of acceptance of this entry, I release the City of Bancroft, supporting organizations, & volunteers from any & all liability for any injury or accident I may suffer during the course of this event. I attest & verify that I have full knowledge of the risks involved in this event & I am physically fit & sufficiently trained to participate in this event. Photos will be taken & published in local paper and social media.

Signature \_\_\_\_\_

Parent or Guardian must also sign if under 18 \_\_\_\_\_