

WATERMELON DAY

CELEBRATION IN DIKE, IA AUGUST 10th

Phil Kruger Memorial 5k

Walk/Run 5K & 1 Mile Race

WHERE: Kruger-Hemmen Sports Complex in Dike

RACE TIME: August 10th, 8:00 am

PRIZES: All participants entered to win raffle prizes including \$200 in gift cards & multiple prizes

AWARDS: 5k - Overall top male & female times, and the top 3 male and female finishers in each bracket

1 mile – Top 3 male and female finishers

DIVISIONS: Men and Women: 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over, wheelchair

REGISTER: <http://getmeregistered.com/PhilKruger5k> or mail to Jen Jensen, 125 Bunker Circle Dike, IA 50624

COST: \$8 for 1 Mile, \$20 for 5K by August 1st

\$10 for 5K - high school students and younger

August 1st registration increases to \$10 for 1 mile, \$25 for 5K & \$15 for student 5K Checks payable to DNH Dollars for Scholars

Registration includes t-shirt and race packet.

Proceeds go to Dike-New Hartford Dollars for Scholars

Questions to jenjensen99@gmail.com

Phil Kruger was a 1996 graduate of Dike-New Hartford Schools.

He was selected as the most dedicated runner three times in cross-country and was a member of the state qualifying team in 1993. In track, he established multiple records and was chosen as MVP.

Phil attended Luther College and ran cross-country and track for three years. In cross-country he was nominated for the most improved runner and finished sixth for the Norse at the Iowa Conference and fifth at the NCAA Division III Central Regional. He also anchored the medley relay that qualified for the Drake Relays.

Phil and his wife Jodi were tragically killed in a car accident on Christmas Eve 2001. This race is dedicated to Phil's memory, his love for running, and the drive and determination he had to succeed in his life.

Phil Kruger Memorial 5K



Name: _____ Age: _____ Gender: _____ Phone: _____

Address: _____ City: _____ State: _____ Email: _____

Circle One: 5KRun/Walk Wheelchair Division 1 Mile Walk/Run

Shirt Size: YS YM YL S M L XL Shirt is not guaranteed after July 31st

Release and Waiver: I hereby waive and release of myself, heirs, executor or anyone who might claim in my behalf, covenant not sue the event directors, event officials, or volunteers from all claims or liability for death, personal injury, or personal damage of any kind arising out of or on the course of my participation in this event. I hereby state that I have full knowledge of the risks involved, foreseen or unforeseen, known or unknown, and have conditioned myself to run or walk in this event at my own risk.

Signature: _____ Date: _____

Guardian (<18): _____ Date: _____