



**Date**  
Saturday, May 22, 2004

**Start Time**  
5k Run/Walk.....9:30 AM

**Registration Fees**  
**5K Fun/Walk**  
 Individual .....\$10  
 Families of 4 or more .....\$35

**The Course**  
 The start/finish for the 5k in the parking lot of the Wittenberg Inn. The course is primarily flat and will go "out and back" on River Road following the Iris Fest Parade Route.

**Awards**  
 Men's & Women's Overall 5K Winners and Men's & Women's Masters 5K Winners will each receive an \$85 certificate good for Nike shoes or clothing items at Gallagher Fitness Resources. In addition to overall winners, Nike Merchandise and Ribbons will be awarded three deep in these age groups:

0 - 14	25 - 29	40 - 44	55 - 59
15 - 19	30 - 34	45 - 49	60 - 64
20 - 24	35 - 39	50 - 54	65 +

All participants will be presented an iris at the finish line.

**Iris 5K Run /Walk and Mayor's Benefit March Entry Form**

Individual Entry for 5k Run\$10 – Family of 4 or more \$35.00 (Fill out individual forms PLEASE).  
 LATE FEE: ADD \$3 or \$12 for Family

Entry for Mayor's March - Individual \$5 / Family or Group 4-10 \$15 / Family or Group 11 or more \$20  
 LATE FEE: ADD \$3 or \$12 for Family or Group

PLEASE CHECK EVENT:  5k Run/Walk  Mayor's March TOTAL AMOUNT ENCLOSED: \$ \_\_\_\_\_

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_ AGE \_\_\_\_\_ Gender: Male  Female

STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

DAY PHONE NUMBER ( \_\_\_\_\_ ) \_\_\_\_\_ E-MAIL: \_\_\_\_\_

RELEASE: I personally assume all risks incident to my participation in the Iris Run events including, but not limited to, use of facilities, use of streets, and all hazards from running or walking in this event. I hereby release for myself, my heirs, executors and administrators, all sponsors of this race including Gallagher Fitness Resources, Nike, Keizer Chamber of Commerce, the City of Keizer, Spiridon Race Management, and any other sponsors not mentioned from any and all claims, demands, action, or causes of action incident to my participation in these events. I grant permission to all of the foregoing to use any photographs, motion pictures, video, recordings, or any other record of this event for any legitimate purpose. I also understand that the entry fee is non-refundable once payment has been received.

Signed \_\_\_\_\_ Date \_\_\_\_\_ Parent or guardian \_\_\_\_\_ (if participant under 18)  
 Payment must accompany application payable to: IRIS RUN /MARCH 980 Chemawa Rd NE, Keizer, OR 97303 DEADLINE - 5/17/04

**Mail-in / Walk-in Registration**

Mail or bring your completed registration form along with your check or money order payable to:  
 Keizer Chamber of Commerce  
 980 Chemawa Rd NE  
 Keizer, OR 97303

Must be received by Thurs May 20, 2004.

**Gallagher Fitness In-Store Registration**

Starts Friday, April 16 continuing through Friday May 14, 2004 exclusively at:

Gallagher Fitness Resources  
 233 Commercial St. NE  
 Downtown Salem  
 503-364-4198 or 800-423-3460

**On-Line Registration**

You may register for this event on-line at:



**Late Registration Fees**

Applies Friday, May 21 through Day of Race. Register Early to avoid the additional charge. Late \$3 for individuals and \$12 for family.

**Day of Race Registration**

**5K Run/Walk:** Sat, May 22nd 7:30 AM - 8:40 AM in the Wittenberg Inn Parking Lot

**Note**

Prizes will not be mailed to winners.  
 Prizes not claimed at awards ceremony must be picked up from Gallagher Fitness Resources by June 11, 2004. Awards unclaimed after that day will be forfeited.

**SUPER Prize Drawing and Awards**

All participants AND volunteers will receive a raffle ticket for a special prize drawing. Drawing will be held at Awards Ceremony which follows completion of the Mayor's March (approx 10:30 AM) in the Entertainment Tent. You must be present to win!

**Race Updates**

Pre-Race Updates and Post-Race Results and photos will appear at:

www.activesalem.com/events  
 and at Gallagher Fitness Resources in downtown Salem on Monday, May 24th.

**Mayor's Benefit March**

This special event is designed to encourage fitness and family fun. Join local Mayors of surrounding cities and other participants on a 1.5 mile course directly down the parade route. Enter as an individual or as a group with family, friends, clubs, or organizations.

**Benefit:** 1/2 of Entry Fee will be donated to every Mayor's charity of choice.

**Date:** Saturday, May 22, 2004

**Start Time:** 10:00 AM

**Registration:** See 5K info

**Day of Registration**

Sat, May 22nd 8:30 AM - 9:45 AM at the Burgerking Parking lot on Glynbrook & River Rd.

**Mayor's March (1.5 Miles)**

Individual.....\$5  
 Groups or Families 4 to 10.....\$15  
 Groups or Families 11 or more.....\$20

**Starting Line**

Glynbrook & River Rd with finish at Wittenberg Inn. All participants will receive a commemorative Event Ribbon at the end of the Mayor's March.

**PARK & RIDE** - Bus service will be provide return transportation to Mayor's March starting line directly after Iris Parade.

**Directions to Events**

Off Interstate 5 at the KEIZER EXIT (Exit 260 or 260B), Head West on Lockhaven to River Road, Turn Left on River Road. Wittenberg Inn located at next light (Claggett & River Rd) Parking available across the street at St. Edward's Church on West Side of River Road.  
 For the Mayor's March starting line, continue down River Road to Glynbrook

## IRIS RUN HISTORY

Since 1979, a running/walking event has been a traditional part of the Keizer Iris Festival. The first "Keizer Days Run for Life" was sponsored in part by the Keizer merchants and a young company called Blue Ribbon Sports (forerunner to Nike).

## 2004 EVENTS

### Half Marathon / 10K—May 16th

X-DOG EVENTS



Ludicrous Ideas... Real Events.

New to the Iris Festival run schedule, a half marathon and 10k produced by X-Dog Events will be at

Willamette Mission State Park. For registration & information call 1-541-308-6738 or Log to [www.xdodgevents.com](http://www.xdodgevents.com)

### 5K Run/Walk—May 22nd

Once again this popular race will offer a course being completely on the Iris Parade route. Run participants in the 5K start and finish at the Wittenberg Inn. Runners and walkers can expect a enthusiastic crowd to cheer them on.

### Mayor's March— May 22nd

This new special event is designed to encourage youth fitness and family fun. Join local Mayors of surrounding cities and other participants on a 1.5 mile course directly down the parade route. Enter as a individual or as a group with co-workers, family, friends, clubs, or organizations.



The Keizer Chamber of Commerce welcomes you to the 18th annual Iris Festival.

Check out the shows, exhibits, and special attractions Friday through Sunday, May 21—23, 2004 that include:

- Iris Parade beginning immediately after the Iris Run Events at 10:30 am, Saturday.
- Carnival Rides, Games, and Food Booths for the whole family
- Music & Entertainment
- Street Fair with special exhibitor areas; Antiques & Artisans, Family Village, and Home & Garden
- Golf Tournament on Friday, May 21st

For more information on the 2004 Keizer Iris Festival contact:  
Phone: 503-393-9111 or 888-218-4747  
e-mail: [festival@keizerchamber.com](mailto:festival@keizerchamber.com)

## ACCOMONDATIONS

Wittenberg Inn, the host hotel for the Iris Run offers special room price of \$65 plus tax to participants. Call 503-390-4733 or 1-800-299-7221 for reservations.



## Saturday, May 22, 2004

### 5K Run/Walk

9:30 AM

Wittenberg Inn, Keizer

### Mayor's Benefit

### 1.5 Mile March

10:00 AM

**This Year's Event Presented by:**



Iris 5k Run/Walk & Mayor's March  
c/o Keizer Chamber of Commerce  
980 Chemawa Rd NE  
Keizer, OR 97303

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