

**Runnin' For Kristie 5K Run/Walk**  
**Oct. 25, 2008 – 10:00 A.M.**  
**MECHANICSVILLE, IA**

**RACE INFORMATION:**

- Medals for top four finishers in ten year age groups in 5K
- T-shirts and refreshments available to all the participants
- Check in at the City Park (corner of Madison and 2<sup>nd</sup>) in the open pavilion (near the race start/finish)
- 5K run starts at 10:00 A.M.
- Reg. for the 5K by Oct. 17, 2008 for \$12, after Oct. 17 and on race day \$15
- Race day registration is from **8:30 A.M. to 10:00 A.M.**
- Contact William Bails at (319) 455-2019 or (319) 331-7939 or E-mail: [roadrunr@mchsi.com](mailto:roadrunr@mchsi.com)

Please fill out the following form, sign the waiver, and mail to:

**Runnin' For Kristie 5K**  
**P.O. Box 75**  
**Stanwood, IA 52337**

Make checks payable to: **Runnin' For Kristie 5K**

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**Runnin' For Kristie 5K**

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Print first and last name

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Print address

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Print city/state/zip

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Home phone

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E-mail address

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Birth date

Age (race day)

M / F

CIRCLE EVENT & SHIRT SIZE

**T-Shirt Size: S M L XL**

Event

Until

After

10/17

10/17

**5K Run**

**\$12**

**\$15**

**Waiver:** In consideration of my participation in the Runnin' For Kristie race, I the undersigned, my heirs, executors and administrators consent to discharge, release and hold harmless the Town of Mechanicsville, race sponsors, workers/volunteers and their affiliates, successors and distributors for claims, action, losses, damages or expenses for personal or bodily damage and property loss or damage incurred by me arising out of or in connection with my participation in this event. I hereby grant permission to the parties listed herein to use my name and photographs, videotapes, motion pictures, recordings or any other record of my participation in this event for any purpose. I have read the foregoing and am of legal age to consent to the waiver and have trained to the best of my ability for this event.

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**Runner's Signature**

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**Parent/Guardian if Runner is 18 or under**