



# Run for Your Life

## 5K and 1 Mile Run/Walk

**PLEASE PRINT**

Last Name \_\_\_\_\_  
First Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Phone # \_\_\_\_\_  
E-mail \_\_\_\_\_ Age \_\_\_\_\_

5k or 1 mile run/walk \$ 20  
Donation \$ \_\_\_\_\_  
Total amount enclosed \$ \_\_\_\_\_

**All participants registered before  
September 23 are guaranteed a t-shirt!**

T-shirt size preference:

Small  
Medium  
Large  
X-Large  
No Shirt

Make all checks payable to:  
Iowa City/Johnson County Senior Center

Mail to: Run for Your Life  
c/o Sarah Terkosky  
28 South Linn Street  
Iowa City, IA 52240

WAIVER (must be signed): In consideration of the acceptance of my entry I, for myself, my executors, my administrators, and assigners, do hereby release and discharge the Iowa City/Johnson County Senior Center, the city of Iowa City, any sponsors, supporters or volunteers, for all claims and damages, demands, actions whatsoever in any manner arising from participation in the Sunday Run-Day 5k and 1 mile run/walk. I attest and verify that I have full knowledge of the risks involved in this event, am physically fit, and sufficiently trained to participate in the event.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
Signature of Guardian if entrant is under 18 \_\_\_\_\_

**\*\*\*Applications for pre-registration must be received by Friday, October 8<sup>th</sup>.  
Participants may register on race day for \$25.**

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