



PUCKERBRUSH DAYS 5K & Kid's 1/2 Mile



Saturday, July 20, 2019
Waldorf University, Salvesson Hall
Check in begins at 6:30 am



5K Information:
5K Check-in/Package Pickup: 6:30-7:20 am
5K Race start: 7:30 am
T-shirt provided to all 5K participants registered before July 5, after that no guarantee of availability.
Awards for top 2 finishers in each age group beginning at 8:15 am:
- 15 & Under
- 16 - 19
- 20 - 29
- 30 - 39
- 40 - 49
- 50 - 59
- 60 +



Registration Information:
5K Preregistration fee: \$15.00
5K day of registration fee: \$20.00
Kids' 1/2 mile run registration fee: \$3.00



1/2 Mile Information:
1/2 Mile Check-in: 7:45-8:00 am
1/2 Mile Run start: 8:00 am
Age: 12 and younger
Course: relatively flat square
All children that finish will receive a medal

**PARENTS ARE WELCOME TO
ACCOMPANY THEIR CHILDREN**

Part of the North Iowa Race Series
northiowaraceseries.com

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REGISTRATION FORM:

Last Name: _____ First Name: _____ Gender (circle) Male Female

T-shirt Size (Only for 5K) _____ Choose: 5K _____ Half Mile _____ Age: on Race Day: _____

Street: _____ City: _____ State: _____ Zip: _____ Phone: _____

E-Mail Address: _____

Race Waiver: I, individually, (and/or as parent, and/or guardian of the named minor) for and in consideration of acceptance of this entry in the aforementioned event, do hereby release, remise, waive, and forever discharge the Forest City Puckerbrush Committee, Chamber of Commerce, Waldorf University and all other supporting groups of this said event, together with all their officers, agents, officials and employees, from any and all liability, claims, demands, actions, or causes of action whatsoever arising out of, or relating to injury, illness, loss, or damage, including death, relating to participation in aforesaid event. I further state I am in proper physical condition to participate in this event. In addition, I agree that my participation in the event recommends that I will not participate with roller blades, skateboard, animals, or anything that the race director deems dangerous to myself or other participants and that the event director may remove me from this event. I further grant permission to this event and the organization conducting the event and/or agents authorized by them to use any photographs, videotapes, motion picture, and recordings of this event for any purpose. I also agree that if the event is cancelled for any reason or I am unable to participate that all entry fees are non-refundable and each entry is non-transferable.

Signature _____ Date: _____

Checks payable to: Puckerbrush Days 5K

Send to:

Forest City Chamber of Commerce
145 South Clark Street
PO Box 306
Forest City, IA 50436