

# SCANDINAVIAN DAYS 5K RUN/WALK

7:30 a.m. Saturday June 5, 2010 – Story City IA

Name \_\_\_\_\_ Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Sex : M\_\_\_ or F\_\_\_

Age on Race Day: 11 and under\_\_\_

12-14\_\_\_

14-19\_\_\_

20-29\_\_\_

30-39\_\_\_

40-49\_\_\_

50+\_\_\_

T-shirt size: (S, M, L, XL, XXL) \_\_\_\_\_

**All racers will receive moisture wicking t-shirts!**

ENTRY FEES: Non-refundable. \$15/ person 14 and under up to race day (T- Shirt not guaranteed May 25<sup>th</sup> to race day). All others: \$20/person if postmarked or received before May 25th (T-Shirt guaranteed); \$25 on race day(T-Shirt not guaranteed).

Make checks payable to: **Scandinavian Days 5K Run/Walk**

Mail to: Jason Goeders at 619 Elm Ave Ste 1, Story City, Iowa 50248

Packet Pick-up: Friday, June 4th, 2:00 p.m. to 5:00 p.m. Goeders Family Chiropractic, 619 Elm, Story City (behind Ackley State Bank); Saturday, June 5<sup>th</sup>, 6:30 a.m. to 7:20 a.m. Info Booth, Story City GCC, 602 Broad, Story City

In consideration of acceptance of this entry, I intend to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release any and all right or claim for damages I may have or that may hereafter accrue to me against all sponsors, supporters, and officials associated with Scandinavian Days 5K Road Race, their representatives, successors, and assigns for any injuries incurred by me during, because of, or in travels to or from Scandinavian Days 5K Road Race/Fun Walk.

Date \_\_\_\_\_ Signature \_\_\_\_\_

(If participant is under 18, parent or guardian must sign)