

5K Walk & Run

Saturday, July 8



It Isn't Far To Cottonwood

Co-sponsored by Lakeview Cross Country and Community Education
All Proceeds will benefit the Lakeview Cross Country Team



COMMUNITY
EDUCATION

communityeducation@lakeview2167.com 507-423-5164 Ext 1320 www.lakeview2167.com - Community Education

REGISTRATION FORM FOR:
Fun Walk/Run
Saturday, July 8

Kids 1 Mile Fun Run (12 and under)***

Registration will begin at 7:30 am at the Lake Park in Cottonwood. The one mile fun run will begin at 8:00 am, followed by the 5K run/walk at 8:30 am. **Pre-registration due by June 23, 2023.** Only those pre-registered will receive a shirt. There will be NO extra shirts this year. Medals for in-person participants will be given out to the top three men's, women's, and kid's (12 and under) finishers who participate in the 5K. For more information please call 507-423-5164 Ext 1320, or go online to www.lakeview2167.com to download additional registration forms.

Proceeds support the Lakeview Cross Country Team!

Please fill out one form per participant 5 years and older.

I wish to participate in the Fun Run/Walk on Saturday, July 8, 2023 at 8:30 am. Enclosed is my non-refundable entry fee.

Name: _____ Phone: _____

E-Mail: _____ Male/Female: _____ Age on July 8: _____

Address: _____ City: _____ State: _____ Zip: _____

T-shirt size **Adult:** S M L XL XXL **Youth:** XS S M L

To help us plan, please indicate equipment you will be using during the Fun Run/Walk.

_____ Child Assisted (Stroller) _____ Wheelchair _____ Other: _____

Please check your option: Shirts for participants registered by June 23rd only.

_____ \$25 for 5K runners -

_____ \$20 for 5K walkers and 1 mile kids fun run

_____ \$5 add on for mailing shirt - *Shirts for virtual participants can be picked up the morning of the race or you can pay an extra \$5 to have it mailed. (Example: \$25 5K fee + \$5 mailing fee = \$30 for a virtual participant who would like their shirt mailed)*

\$_____ Amount Enclosed: Checks should be made payable to Lakeview Community Education

Please return registration form by **June 23, 2023** to: **Lakeview Community Education**
875 Barstad Road N
Cottonwood, MN 56229

LIABILITY WAIVER: I know that participation in a road race is potentially hazardous. I should not enter and run or walk unless I am able and properly trained. I also assume any and all other risks associated with participation in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity and cold temperatures, and conditions of the road, all such risks being known and appreciated by me. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. I also authorize First Aid and/or treatment to be rendered in case of any emergency. I hereby consent to and authorize the use and reproduction, by Lakeview School of any and all photographs which have been taken on this day for any publicity purposes without compensation. I also understand, in which case the Race Directors deem the weather conditions to be unsafe for the start or continuation of the race, that the race may be postponed or canceled. Should I choose to stay on the race course, I do so at my own risk. All entry fees are non-refundable. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act for my behalf, waive and release all the sponsors of the event from all claims or liabilities of any kind arising out of my participation in this event even though that liability might arise out of negligence or carelessness on the part of the persons named in this waiver.

I hereby acknowledge that I have read and understand the terms of this waiver.

SIGNATURE (by parent or guardian if participant is under 18)