



Saturday, April 27, 2019

5k Fun Run/Walk & Pancake Breakfast

Roland Middle School

Forms Due: Friday, April 12

5k Run /Walk

Registration: 7:30 a.m.
Start Time: 9:00 a.m.

Roland Middle School

Ages 9-19: \$20
Ages 20+: \$25

At the door registrations: \$30 (shirt not guaranteed)

1st and 2nd place in each bracket along with top male and top female will get a medal.

Last Name: \_\_\_\_\_ First Name : \_\_\_\_\_

Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Age as of 3-27-19: \_\_\_\_\_ Gender (circle one): Male or Female

Phone: \_\_\_\_\_

T-Shirt Size (circle one) Free for participants: Youth M Youth L Adult S Adult M Adult L
Adult XL Adult XXL (add \$3.00)

Send registration form and fee to Roland City Hall, c/o Roland Pool 5k, PO Box 288, Roland, IA 50236. Forms due by Friday, April 12.

In submitting this entry, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may or hereafter have against individuals associated with this event, their agencies, representatives and successors, for any and all injuries suffered by me in said event. I certify that I have full knowledge of the risks involved in this event and that I am physical fit and satisfactorily trained to participate in it and have no medical or physical conditions that prevent my participation in it. I give permission for use of my name and picture in any print media account of this event.

Participant Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Date Paid \_\_\_\_\_
Cash or Check
Race # \_\_\_\_\_

(If participant is under the age of 18, this must be signed by a parent)