



Saturday, June 22nd, 2019

5k Run/Walk & Kids 1-Mile Fun Run

Start & End at the Roland Pool

5k Run /Walk

Registration: 4:00p.m.

Start Time: 5:30p.m.

Roland Pool

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

Kids 1-Mile Fun Run

Registration: 4:00p.m.

Start Time: 5:00p.m.

Roland Pool

Ages K-6: \$10

At the door registrations: \$12 (shirts not guaranteed)
 1st and 2nd place boys and girls medals in each bracket
 Age Brackets K-2, 3-4, 5-6

Circle Race Option: 5K Run/Walk OR Kids 1-Mile Fun Run

Last Name: _____

First Name : _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Age as of 6-1-19 or Grade completed _____ Gender (circle one): Male or Female

Phone: _____

MAKE CHECKS PAYABLE: CITY OF ROLAND

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

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)