



SUNDAY, JULY 3<sup>RD</sup> @ 7:00 AM

IOWA VALLEY HIGH SCHOOL  
359 E. HILTON ST.  
MARENGO, IA 52301

REGISTER AND PICK UP SHIRTS FROM 6:00-6:45 AM ON THE DAY OF THE RACE

PLEASE COMPLETE THE FOLLOWING FOR EACH PARTICIPANT

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY, STATE, ZIP: \_\_\_\_\_

#### T-SHIRT SIZE

Circle one ADULT or YOUTH: **S M L XL 2XL 3XL**

#### AGE GROUP

Age 6 and under (free)

Age 7 – 8<sup>th</sup> grade

9<sup>th</sup> – 12<sup>th</sup> grade

19 – 29

30 – 39

40 – 49

50 – 59

60 and up

MALE

FEMALE

#### EVENT

Circle one 5K RUN or 5K WALK

#### ENTRY FEES:

(Check made payable to Iowa Valley Schools)

**Adult Pre-register: \$25**

**Adult Day of Race: \$30**

**Student Pre-register: \$15**

**Student Day of Race: \$20**

**\*\*\*ALL ENTRIES MUST BE POSTMARKED BY JUNE 10<sup>TH</sup> TO BE GUARANTEED A SHIRT\*\*\***  
(Anyone may register the day of, but a t-shirt will not be guaranteed)

MAIL COMPLETED FORM, RACE FEES, AND SIGNED WAIVER TO:

Iowa Valley Fine Arts | 359 E. Hilton St. | Marengo, IA 52301

FOR MORE INFORMATION CONTACT:

Kari Schumacher | 319.361.5611 | [kschumacher@ivcsd.org](mailto:kschumacher@ivcsd.org)

ALL PARTICIPANTS MUST HAVE A SIGNED WAIVER BEFORE RACE BEGINS. ONE FORM IS NEEDED FOR EACH PARTICIPANT.

#### \*\*THE FOLLOWING WAIVER MUST BE SIGNED BY EACH PARTICIPANT:

I know that running/walking is a very strenuous and potentially hazardous activity. I realize that I should not enter and participate unless I am medically able and properly trained. Knowing this, I certify that to the best of my knowledge, I am in excellent physical condition and have no medical condition that could likely worsen by participation in the event. Furthermore, I certify that I have trained properly for this event and agree to abide by any decision made by a race official concerning my participation in the event.

I am fully aware and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, the effect of weather, including extreme cold or heat, humidity, wind, snow, rain, ice or conditions on the road, and I appreciate and assume all risks associated with the presence of vehicular traffic on the race course. I am also fully aware that I am solely responsible for my own safety while traveling to and from all events associated with the Iowa Valley Fine Arts 5K.

In addition, I fully understand that the wearing of headphones while participating in this event could be potentially hazardous to my safety. I further understand that the sponsoring organizations and entities have recommended against the wearing of headphones while participating in this event.

Having read this waiver and knowing these facts and in consideration of you accepting my entry, I for myself and anyone entitled to act in my behalf, waive and release the Iowa Valley Community School District, the cities in which the race is conducted, the race coordinators, all sponsors, race officials, volunteers, their representatives, successors, or assignees for any and all claims or liability for death or damages, for all injuries to me or my property arising out of or in connections with this event, including without limitation, claims or liabilities resulting from those matters described in the preceding paragraphs. This waiver extends to all claims of any kind or nature, whether foreseen or unforeseen, known or unknown. Furthermore, I grant permission to all foregoing organizations and entities to use any photographs, motions pictures, recordings or any other record of this event for legitimate purposes. In addition, my signature below verifies that I have read and agree to the terms stated above. A facsimile of my signature is a valid signature for this waiver. I understand that the entry fees are non-refundable.

Signature: \_\_\_\_\_

(Parent or guardian's signature is required for participants under the age of 18)