



**CLARION FITNESS AND
CLARION-GOLDFIELD-DOWS SCHOOLS
16TH ANNUAL LAKE CORNELIA 5K
APRIL 23RD, 2016 10:30AM**

Please Circle Your entry Type	Advanced Registration (by April 11th)	Day of Event Registration
Individual Entry	\$20.00	\$25.00
Family Entry (immediate family only)	\$30.00	\$35.00

Advanced registration must be completed and turned in by April 11th. Please make checks payable to: Clarion Fitness, 124 N Main, Clarion, Iowa 50525. You may pick up race packets at Clarion Fitness Center on Friday, April 22nd between 7am-11am. Day of registration will begin at 9:30 a.m.

Please call 515-532-3500 for more information or email clarionfitnesscenter@gmail.com

NAME _____

FAMILY MEMBERS PARTICIPATING: _____

AGE ON RACE DAY _____ MALE FEMALE (please circle one)

ADDRESS _____ CITY _____ STATE _____

PHONE NUMBER (____) _____ EMAIL: _____

T-Shirt Size: S M L XL 2XL 3XL No Shirt (Only one shirt is given per family entry)

Extra T-Shirt (\$9.00) S M L XL 2XL 3XL

Signature of all over 18 years of age participating:

_____ Date _____ Date _____
 _____ Date _____ Date _____

Waiver: In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may have against individuals associated with the Clarion Fitness and C-G-D Schools 5K walk/run/bike- All sponsors, officials, representatives, successors and assignees – for any and all injuries suffered by me during, because of, or in travels to or from said event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and sufficiently trained to participate in the event, April 23rd, 2016.