

**Saturday, April 2, 2016**  
**5K Fun Run & Walk**  
**Roland Middle School**  
**206 S. Main**  
**Roland, Iowa**  
**Start time: 9:00 a.m.**

**Pancake Breakfast**  
**OPEN TO PUBLIC**  
**7:30 a.m. to 10:30 a.m.**  
**at the Roland Middle School**

- Free to participants
- \$5.00 for adults
- \$3.00 for ages 4 to 11
- Free for 3 & under



**April 2, 2016**

**All proceeds go towards Roland Youth Sports Facilities**

Please send your registration form and fee made payable to  
The City of Roland before March 25, 2016 to:  
 Roland City Hall  
 c/o Roland Spring Training Run  
 202 E. Ash Street  
 PO Box 288  
 Roland, IA 50236

**\$25.00 at the door**  
 (Shirt not guaranteed!)  
**NO REORDERS!!**

Age Brackets	
Under 14	\$15.00
15 - 19	
20 - 29	
30 - 39	\$20.00
40 - 49	
50 - 59	
60 +	

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

**Registration begins at 7:30 a.m. at the Roland Middle School. For more registration forms, route information and contact information go to: [www.britsonpark.org](http://www.britsonpark.org)**

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\_\_\_\_\_  
 Last Name

\_\_\_\_\_  
 First Name

\_\_\_\_\_  
 Mailing Address

\_\_\_\_\_  
 City

\_\_\_\_\_  
 State

\_\_\_\_\_  
 Zip

\_\_\_\_\_  
 Phone

\_\_\_\_\_  
 Male or Female

\_\_\_\_\_  
 Age as of 4-2-16

\_\_\_\_\_  
 Email

**Free T-shirt to participant – please circle shirt size below**

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 \_\_\_\_\_

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

Date Paid \_\_\_\_\_

Cash or Check

Race # \_\_\_\_\_