

**THE BELIEVE 5K  
CROSS COUNTRY RACE  
AUGUST 5, 2017 @ 8:00 A.M.  
3/30 COUNTRY CLUB IN LOWDEN, IA**

Trophies to overall male & female winners in the 5k  
Awards to top three finishers in ten year age groups in 5k  
19 & Under, 20-29, 30-39, 40-49, 50-59, 60 & Over  
T-shirts and refreshments available for all participants

**\*CHECK IN AND START/FINISH AT THE 3/30 COUNTRY CLUBHOUSE\***

EARLY REG. IS BY JUL. 28 (\$20); AFTER JUL. 28 & RACE DAY (\$25)

Race day registration is from 6:30 a.m. to 7:45 a.m.

CONTACT WILLIAM BAILS AT 319 331 7939 OR [bailswilliam@gmail.com](mailto:bailswilliam@gmail.com)

Please fill out the following form, sign the waiver and mail to:

The Believe 5k  
P. O. Box 75  
Stanwood, IA 52337

MAKE CHECKS PAYABLE TO: Believe 5k

TEAR OFF THIS PORTION AND KEEP/MAIL IN BOTTOM PORTION

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**THE BELIEVE 5K (This is a Cross Country style race on grass)**

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FIRST AND LAST NAME

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ADDRESS

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CITY/STATE/ZIP

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PHONE #

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E-MAIL ADDRESS

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BIRTH DATE

AGE (RACE DAY)

M/F

CIRCLE T-SHIRT SIZE - S M L XL

EVENT

UNTIL 7/28

AFTER 7/28

5K

\$20

\$25

Waiver; In consideration of my participation in the "The Believe 5k" races, I the undersigned, my heirs, executors and administrators consent to discharge, release and hold harmless the town of Lowden, 3/30 Country Club, North Cedar Schools, race sponsors, workers and volunteers and their affiliates, successors and distributors for claims, actions, losses, damages or expenses for personal or bodily damage and property loss or damage incurred by me arising out of or in connection with my participation in this event. I hereby grant permission to the parties listed herein to use my name and photographs, videotapes, motion pictures, recordings or any other record of my participation in this event for any purpose. I have read the foregoing and of legal age to consent to the waiver and have trained to the best of my ability for this event.

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RUNNER'S SIGNATURE

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PARENT/GUARDIAN SIGNATURE (if runner under 18)