

Palo Fun Days
5K Run/Walk & Kids 600M Dash
Friday, August 16, 2019 - 7:00PM
NEW LOCATION: Palo Methodist Church

Planned by: West Linn Community Group

5K Age Division: Overall, 18 & Under 19-29 30-39 40-49 50-59 60 & Over, Walker

Awards: Medals awarded to top two finishers of each age division. Additional prizes to top male & female finishers

Course Route: <http://www.usatf.org/routes/view.asp?rID=602628>

Entry Fees: Pre-Registration received by Monday, August 12, 2019: \$15.00 – with shirt
Pre-Registration received by Monday, August 12, 2019: \$10.00 – NO shirt

After Deadline & Race Day Registration: \$20.00 – with shirt

After Deadline & Race Day Registration: \$15.00 – No shirt

Kids Race is FREE or \$5.00 – with shirt

Make checks payable to: West Linn Community Group
Mail registration form to: PFD 5K Run & Walk
PO BOX 36
Palo, IA 52324

Additional Information:
PALO UNITED METHODIST CHURCH
Corner of Clinton & 2nd St
5K Race Starts at 7:00PM
Kids 600M Dash at 7:45PM
Hard surface route

Updates: West Linn Community Group website: <http://www.westlinncommgroup.com/palo-fun-days>

Online Registration Available: www.GetMeRegistered.com/FFD5K



Name _____ Phone # _____

Address _____ City _____ State _____ Zip _____

Gender _____ Age on race day _____ Circle: Run or Walk or Team Name: _____

Shirt size (circle ONE) ADULT: S M L XL XXL *T-shirts guaranteed for early registration only *PLEASE READ & SIGN:

Liability and Publicity Release

Being over 18 years of age or as a parent or guardian of listed participant, I do hereby absolve and hold harmless the West Linn Community Group and the City of Palo or any individual or entity associated with the event. I agree that the aforementioned are not responsible for any problems or injuries I may have while taking part in this run/walk. I know that I should talk to a doctor before taking part in this run/walk if I have any concerns about my health. I further provide that this hold-harmless agreement applies to my heirs, executors, and assignees, and that I am in good condition for this run/walk. I have read and fully understand my own liability and do accept restrictions. I grant to the West Linn Community Group the exclusive right to the free use of my name, my voice, and/or picture in broadcast, advertising, promotion or other account of this event.

Entrant Signature _____ Date _____

*Parent/Guardian Signature _____ Date _____