

**2019 Panorama Days 5K Run/Walk  
 And Kids Warrior Run  
 "Panorama Days ~ Your Ticket to Paradise"**

**When: Saturday, August 3<sup>rd</sup> at 8 AM 5K Run/Walk and our NEW Warrior (Obstacle) Kids Run at 9:15 AM. Registration will be held 7-9 AM for all participants.**

**Where: RESHAPE FITNESS STUDIO/ 111 N 1ST ST. PANORA  
 Cost: \$20 per runner/walker or \$60 for Family of 4 or more. Kids Warrior Run is FREE!**

**Final times will be posted on the Panorama Days website PANORACHAMBER.ORG the following week.**

**Prizes: Awards and Prizes will be given to the top 2 finishers in each Age Group for the 5k. Each Registered participant will receive a gift as a Thank you for supporting Panorama Days.**

**Registration/Waiver**

Participant Name (print)

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ E-mail \_\_\_\_\_

Gender (please circle): Male                      Female                      Age on Race Day: \_\_\_\_\_

In consideration of the opportunity and privilege of running/walking during the Panorama Days celebration sponsored by the Panora Chamber of Commerce, I/We agree to indemnify and hold the Chamber, its agents and representatives, organizers, sponsors, supervisors and participants associated with the event harmless from any claim or cause of action whatsoever arising out of or in any way connected with my/our participation in this event. I also agree not to assert any claim or bring any cause of action on my own behalf for any damage or injury I may suffer as a result of or in any way connected with my participation in this event. The Panora Chamber of Commerce and event sponsors or volunteers will not be held responsible for loss of personal property.

Signature of Participant \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian if Participant is under 18 \_\_\_\_\_ Date \_\_\_\_\_

Parent(s) Name: \_\_\_\_\_ Cell Ph: \_\_\_\_\_

**MAKE CHECKS PAYABLE TO: Panorama Days  
 Mail payment and registration form(s) to: Reshape Fitness Studio PO BOX 311 Panora, IA 50216  
 Have questions, contact: Trudy Hastings at 641-755-2141 or Sue Bump at 515-321-8521**

