



# Freedom 5K Run/Walk

Thursday, July 4th, 2019

7:30 A.M. Gowrie, IA

**Packet Pickup:** 6:30 A.M. until 7:15 A.M. at the high school football field in Gowrie, IA

**Registration:** \$15.00 per person if entry is received on or before Thursday, June 20th, 2019 and \$20.00 per person if received after this date.

*\*You can sign up day of race\**

**T-shirts:** Participants will receive a t-shirt as long as you sign up on or before Thursday, June 20th, 2019

**\*T-shirts are not guaranteed after this date**

**Entry Form:** Entry form also available online at [www.fitnesssports.com](http://www.fitnesssports.com). Forms can also be emailed or mailed out to you.

**Information:** Contact Matt Fevold at 515-571-4748 or [mfevold@gmail.com](mailto:mfevold@gmail.com)

## *Race Benefits Community Projects*

Mail race entry to Brad Lane, P.O. Box 189, Gowrie, IA 50543

Make checks payable to G3G

*\*Please Print\**

**Name:** \_\_\_\_\_ **Age on July 4, 2019:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_  
Mailing Address City, State Zip Code

**Phone:** \_\_\_\_\_ **Gender (please circle):** **Male** **Female**

**Email Address:** \_\_\_\_\_

**Shirt Size (please circle):** **Adult** **S** **M** **L** **XL** **XXL** **Youth** **M** **L**

**Waiver:** In consideration of acceptance of this entry, I intend to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release any and all right or claim for damages I may have or that may hereafter accrue to me against all sponsors, supporters, and officials associated with the Freedom 5K, their representatives, successors, and assigns for any injuries incurred by me during, because of, or in travels to or from the Freedom 5k.

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

\_\_\_\_\_  
If participant is under 18, parent or guardian must also sign