



# Pine Lake Trail 5K Run / Walk

## Saturday July 29, 2017

### Race Start: 8:30am



Where You Have the Right to B - FIT  
**FitnessSports**  
 8810 Swanson Blvd, Clive Iowa 50325

#### Entry Fee

\$20.00 before July 10  
 \$25.00 July 11 - race day  
 \$100.00 - family of 4+

Entries received before July 10 are guaranteed to get a t-shirt. T-shirts may not be available for entries received after July 10.

#### Award Divisions

1. Overall male & female
2. 14 years and younger
3. 15 - 25
4. 26 - 45
5. 46 and older

Awards given to the top finisher in each division

#### Race Information

Race starts at 8:30am on July 29, 2017 at Pine Lake State Park

Registration at the Lower Lake Beach house begins at 7:15am

Follow signs on Highway S-56, 1/2 mile east of Eldora, Iowa

Refreshments served after the race

Proceeds and Donations benefit the Friends of Pine Lake to help keep Pine Lake State Park beautiful

PLEASE MAIL ENTRY FORM TO: Friends of Pine Lake, PO Box 221, Eldora, Iowa 50627

Make checks payable to: Friends of Pine Lake

Race forms also available at [fitnesssports.com](http://fitnesssports.com) and on Facebook @ Friends of Pine Lake State Park

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: M F  
circle one

Address: \_\_\_\_\_

T-Shirt Size: S M L XL XXL  
circle one

City: \_\_\_\_\_

State / Zip: \_\_\_\_\_

Email: \_\_\_\_\_

for use by Friends of Pine Lake purposes only

#### **Emergency Contact Information**

Name: \_\_\_\_\_

Phone 1: \_\_\_\_\_

Phone 2: \_\_\_\_\_

#### **Waiver of Liability and Consent to be Signed by Contestant:**

In consideration of my acceptance of this entry, I hereby, for myself, my heirs, executors, and/or administrators, waive any and all rights and claims for damages I may have against individuals associated with the *Pine Lake Trail 5K* or the *Eldora Pine Lake Festivals*, all sponsors, officials, representatives, successors, and assignees for any and all injuries suffered by me during, because of, or in travel to or from the event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate.

Signature: \_\_\_\_\_

parent of guardian must sign if participant is under 18 on day of race

Date: \_\_\_\_\_