



Pine Lake 5K Trail Run / Walk

Run in the Wild

Saturday July 28, 2018

Race Start: 8:30am



Entry Fee

\$20.00 before July 10
\$25.00 July 11 - race day
\$100.00 - groups

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 28, 2018 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 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: _____