

Starr's Cave 5K



July 4th 2016

8:30 am Starr's Cave Nature Center

Name _____
Address _____
City/Zip _____
Phone _____
E-mail _____
Age as July 4, 2016 _____
Gender M _____ F _____
T-shirt size (please circle one):
Adult: S M L XL XXL Kids S M L



Where You Have the Right to B - FIT

FitnessSports
www. _____ .com

8810 Swanson Blvd, Clive, IA 50325
515/277-4785, Fax 515/277-3854 or 800/529-7684

Waiver

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors, assigns, and administrators, waive and release any and all claims against race directors and volunteers, DMCC and its employees, and sponsors for any and all injuries suffered by my participation in this event. I attest that I have full knowledge of the risks involved in said event and that I am physically fit and sufficiently trained to participate in this event. Further, I hereby grant full permissions to any and all of the aforementioned parties to use my name, likeness and voice, as well as any photographs, videotapes, motion pictures, recordings, or any other record of this event in which I may appear for any legitimate purpose.

Race Applicant Signature
(signature of parent if under 18)

Race fee is \$20

Make checks payable to:
Partners for Conservation

Date: _____

Mail to:
Advance Chiropractic Center
3115 Agency
Burlington, IA 52601

You must register by June 24th to be guaranteed a race t-shirt.

The Race: Come and join us at beautiful Starr's Cave Park for a hilly, rocky, and possibly muddy fun run through the trails. Throw on some old running shoes and start out the fourth with a bang while supporting our local parks.

Packet Pick Up: July 4th starting at 7am

The Awards: An awards ceremony and door prizes will be given out immediately following the race. Medals will be given for overall male and female winners and the top 2 finishers in each gender and age group.

The age groups are: 19 and under 20-29 30-39 40-49 50-59 60 & over

For questions contact:
Emily Stumpf 319-457-2961 stumpfchiro@hotmail.com