

Clarion Fitness Center along with the Clarion-Goldfield-Dows Schools announce this year's 19th Annual Lake Cornelia 5K April 20th,

Please Check Your Entry Type

Individual Entry

Family Entry (immediate family only)

Advanced Registration
(by April 2nd) \$20

Advanced Registration
(by April 2nd) \$30

Day of Event
Registration \$25

Day of Event
Registration \$35

Advanced registration must be completed and turned in by April 2nd. Please make checks payable to: Clarion Fitness, 124 N Main, Clarion, Iowa 50525. Race packets for advanced registrants can be picked up the day of event starting at 9:30 a.m. Day of event registration will begin at 9:30 a.m. Please call 515-532-3500 for more information or email clarionfitnesscenter@gmail.com

FILL OUT INFORMATION BELOW FOR EACH PARTICIPANT

Name: _____ AGE ON RACE DAY: _____ MALE / FEMALE

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Name: _____ AGE ON RACE DAY: _____ MALE / FEMALE

Name: _____ AGE ON RACE DAY: _____ MALE / FEMALE

ADDRESS _____ CITY _____ STATE _____

PHONE NUMBER (____) _____ EMAIL: _____

T-Shirt Size: S M L XL 2XL 3XL No Shirt **(Only one shirt is given per family entry)**

Extra T-Shirt **(\$10.00 EACH)** S M L XL 2XL 3XL

Signature of all over 18 years of age participating:

_____ Date _____ Date _____
_____ Date _____ Date _____

Waiver: In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may have against individuals associated with the Clarion Fitness and C-G-D Schools 5K walk/run/bike- All sponsors, officials, representatives, successors and assignees – for any and all injuries suffered by me during, because of, or in travels to or from said event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and sufficiently trained to participate in the event, April 20th, 2019.