



Saturday, August 25, 2018
Adams Homestead & Nature Preserve Trail
272 Westshore Dr., McCook Lake, SD

Presented by Siouxland Community Health Foundation

EVENT INFORMATION

Pre-Race Registration: Please complete one form per person. Photocopies allowed. Registration is also available online at www.slandchc.com. Packet pickup prior to event will be available at Siouxland Community Health Center on Friday, August 24 from 8am-5pm. To pick up packets, go to the main entrance at 1021 Nebraska Street.

Race Day Check-In: 8:00-9:00 am at Adams Homestead & Nature Preserve Shelter
Race Times: 9:00 am

Official times will not be recorded. Walk will begin immediately following runner's heat.

Entry Fees: Adult 5K Run/Fun Walk: \$25
Youth 18 and under: \$10

Incentives: Free t-shirts for participants if registered by August 17. Awards for top 3 overall male, female, and youth brackets. Cash prizes for school with most representation.

REGISTRATION INFORMATION

First Name: Last Name:

Address: City: State: Zip Code:

Phone: Email:

Male Female Name of High School:

T-Shirt Size (Circle One): S M L XL 2XL 3XL

Youth Sizes: S M L

Please make checks payable to Siouxland Community Health Foundation or complete credit card payment information and return to:

Siouxland Community Health Foundation
5K Run /Walk
PO Box 1026
Sioux City, IA 51102-1026

Credit Card Payment Options (Check One):

MasterCard Visa American Express Discover

Credit Card # 3 Digit CVC Code:

Expiration Date: Billing Zip Code: Signature:

Please sign the waiver statement below:

In consideration of this entry, being accepted, I hereby for myself or entrants for which I am guardian for release any claims that I may have against the Adams Homestead Nature Preserve or the Siouxland Community Health Foundation involved in the 5K Run and Fun Walk. I certify that I and/or my child (Under 18) are physically able to participate in this event. I also grant permission to the Siouxland Community Health Foundation and other associations to record my participating in this event for any publicity and/or promotional purposes without obligation or liability to me.

Signature: Date:

Please return completed registrations by August 17 to guarantee t-shirt.