



ST. MICHAEL'S SPIRIT RUN 5K WHITTEMORE, IA

The St. Michael's Spirit Fun Run/Walk
5K will be held Saturday, May 23, 2015
@ 9:00 AM

REGISTRATION FORM

Preregistration: Please complete the registration form below. You are required to mail in your registration fee via regular mail or drop it off at St. Michael's Parish Office along with your registration fee.

Registration Fee: \$30.00 (NO REFUNDS)
Registration Deadline: Thursday, May 7, 2015

Questions may be emailed to: Sue Frideres @ sfrideres@farmhomeservices.com
Peg Illg @ pillg@fsbiowa.com

Send Completed/Signed Registration Form and Registration Fee to:

St. Michael's Parish Office
613 3rd St
PO Box 337
Whittemore, IA 50598

Full Name: _____
Street Address: _____
City, State, Zip: _____
Email Address: _____
Phone Number: _____

If you are not able to participate but would like to order a t-shirt just complete this form and return it along with \$15 and a shirt will be available for you to pickup the day of the 5K Fun Run/Walk.

T-Shirt Size: Adult S ___ Adult M ___ Adult L ___
 Adult XL ___ Adult XXL ___
 Youth S ___ Youth M ___ Youth L ___

By signing this form, you agree to the following terms and conditions:

In consideration of accepting this entry, I or my executors, heirs and administrators, do hereby release and discharge St. Michael's Church, Whittemore, IA and all other volunteers from claim, damages and any actions whatsoever in connection with the "St. Michael's Spirit Fun Run/Walk 5K." I recognize and assume the risk inherent in running a road race, including but not limited to the risk of injury associated with strenuous physical exercise, the risk of running near traffic and the risk of uncertain running conditions. This release extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I certify that I am in sufficient physical condition to participate in this event, assuming a higher degree of conditioning in preparation for a cold/hot weather run. Shoes are required for all participants. I also give permission for the free use of my name and/or pictures for publicity or solicitation.

Signature of Participant