

Zearing Days 5K Road Race & Fitness Walk

Entry Form

Saturday, July 29th, 2017

Race Time: 7:30 a.m.

Name: _____ Sex: Male _____ Female _____

Address: _____ City: _____

State: _____ Zip Code: _____

Email: _____ Telephone: _____

Entry Fee: \$20

Make check payable to: Zearing Days

Pre-Race Entries are due: July 22nd, 2017. This just gives us an idea of how many people to plan for race refreshments and assistance. (Race Day sign-ups are also welcome!)

All participants will receive a commemorative Zearing Days Cooling Towel.

Division (check one)

Pre High School _____ High School _____ Post High School _____

Waiver: In consideration of my acceptance of entry, I for myself, my executors, administrators and assignees do hereby release and discharge the Directors, Race Committee, and all Sponsors, for all claims of damages, demands, actions whatsoever in any manner arising or growing from my participation in the Zearing Days 5K Road Race and Fitness Walk.

Date: _____ Signature: _____
(If participant is under 18, Parent or Guardian must also sign)

Send registrations to:

Tony Stalzer
Colo-NESCO Cross Country Coach
307 North Street
Zearing, Iowa 50278

Run Information:

A 5K loop through the streets & the lake view trail in Zearing.

Winners of each division will receive an award.

Registration includes a 5K event cooling towel and refreshments following the race.

Race day packet pick-up will be from 6:30-7:15

This event is being hosted by the Colo-NESCO Cross Country teams as a fundraiser. The proceeds will go towards the Cross Country Summer Team Camp expenses. Thanks for supporting the kids of our communities.