



One entry form per participant

5 K Challenge Run  5 K Walk

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

Gender:  Male  Female

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

(For registration confirmation & updates)

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age of Sept. 9<sup>th</sup> \_\_\_\_\_

Adult Shirt size:  Small  Med.  Large  XL  XXL - Add \$2

Youth Shirt size:  Small (6-8)  Medium (10-12)  Large (14-16)

Entry Fee (Before August 31<sup>st</sup>):  \$15 for Foundation Members  \$45 for Family rate

\$20 for Non Members  \$60 for Family rate

(After August 31<sup>st</sup>):  \$25

Registration fee includes: Long Sleeve T-Shirt, Bib number, Race packet, & Door prize entry.

**Waiver:** I hereby absolve for myself, my heirs, executors, and administrators, forever, any and all rights and claims or damages I may accrue against the Fossil & Prairie Conservation Foundation and individuals or groups associated with the Fossil & Prairie Conservation Foundation for any and all injuries suffered by me while participating in said run. I grant permission to use any photography, motion pictures, recordings or any other record of the run for any legitimate purpose. I further, hereby, certify that I am physically fit to run in the race I am registered in.

Signature: \_\_\_\_\_

Parent or Guardian, if under 18

Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Send registrations to: Fossil & Prairie Center, P.O. Box 495, Rockford, IA 50468.

Checks payable to Fossil & Prairie Conservation Foundation



Sept. 9<sup>th</sup>, 2017

Check in 8 - 9 a.m.

19<sup>th</sup> Annual 5K Race/Walk  
begins at 9:00

- Walk in registrations are not guaranteed a shirt on event day.
- Door prizes will be drawn for both runners and walkers.
- Medals for top 3 finishers in each age division. Trophies for Overall Male & Female Winner.

PRAIRIELAND  
FAMILY  
CHIROPRACTIC  
ROCKFORD, IOWA  
Dr. Jeanne Staudt



Cartersville Elevator, Inc.  
Cartersville, Nora Springs, Mason City