MFL MARMAC CROSS COUNTRY 5K FITNESS RUN/WALK REGISTRATION

WHEN: Monona Hay Days, Saturday, June 8th

Registration & Sign-In: 7-8 AM   **Run/Walk Start: 8 AM**

WHERE: Start & Finish at Monona City Park

WHY: the MFL MarMac Cross Country Team is raising money to help fuel our athletes for practice and competition

WHO: $25/Adult (ages 12 & older, t-shirts available size Adult Small-3XL)

11 & under FREE (unless you want a T-shirt)

Choice of 5K RUN or 5K WALK

WHAT TO EXPECT: 5K Run/Walk featuring 5 stations that will test your physical fitness and mindset. Be prepared to work hard, test your fitness level, accomplish goals, and feel GREAT!

Awards to 1st and 2nd Place Overall Male and Female Finishers who complete the fitness stations
*Stations are optional, so please feel free to enjoy a run or walk on the course

*Same day registration is accepted, however there will be no extra T-shirts available.

PLEASE SIGN AND RETURN BOTTOM PORTION TO THE ADDRESS BELOW
ON OR BEFORE WEDNESDAY, MAY 22ND TO ENSURE T-SHIRT!!

MFL MarMac HS
Attn: Megan Schellhorn
PO Box 1040
Monona, IA 52141

FIRST NAME: _____   **LAST NAME:** _____

AGE ON RACE DAY: _____   **PHONE:** _____   **EMAIL:** _____

STREET ADDRESS: _____ **CITY** _____ **STATE** _____

PARTICIPATING IN: (please circle one)

RUN   **WALK**

T-SHIRT SIZE, ADULT ONLY (please circle one) SMALL   MEDIUM   LARGE   XL   2XL   3XL

Waiver - I, the undersigned, do hereby waive and release the MFL MarMac Community School District, City of Monona, volunteers, and sponsors from any and all liabilities or claims arising from my participation in this race. I fully assume the risk of any and all such injuries or damages that may occur. On behalf of myself and my heirs, executors, administrators and assigns, I do hereby fully and forever waive, release and discharge the entities and individuals listed above from any and all claims, liabilities, obligations, promises, agreements, controversies, damages, losses, actions, causes of actions, suits, rights, demands, judgments, amounts paid in settlement, costs, debts and expenses of any nature whatsoever. This release covers any and all present or future claims.

I further grant my permission to use any race day photos or videos containing my image or any other records of this race for any legitimate marketing or advertising purpose.

Signature: _____   **Date:** _____

(Parent or guardian if under 18) Signature: _____ **Date:** _____

*Make checks payable to MFL MarMac Cross Country