

Saturday, March 25, 2017
5K Fun Run & Walk
Roland Middle School
206 S. Main
Roland, Iowa
Start time: 9:00 a.m.

Pancake Breakfast
OPEN TO PUBLIC
7:30 a.m. to 10:30 a.m.
at the Roland Middle School

- Free to participants
- \$5.00 for adults
- \$3.00 for ages 4 to 11
- Free for 3 & under



March 25, 2017

All proceeds go towards Roland Youth Sports Facilities

Please send your registration form and fee made payable to
The City of Roland before March 10, 2017 to:
 Roland City Hall
 c/o Roland Spring Training Run
 202 E. Ash Street
 PO Box 288
 Roland, IA 50236

\$30.00 at the door
 (Shirt not guaranteed!)
NO REORDERS!!

Age Brackets	
Under 9	\$20.00
10 - 14	
15 - 19	
20 - 29	\$25.00
30 - 39	
40 - 49	
50 - 59	
60 +	

1st and 2nd place in each bracket along with top male and top female will get a medal.

Registration begins at 7:30 a.m. at the Roland Middle School. For more registration forms, route information and contact information go to: www.cityofroland.org

 Last Name

 First Name

 Mailing Address

 City

 State

 Zip

 Phone

 Male or Female

 Age as of 3-25-17

 Email

Free T-shirt to participant – please circle shirt size below

Youth M Youth L Adult S Adult M Adult L Adult XL Adult XXL (add \$3.00)

In submitting this entry, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may or hereafter have against individuals associated with this event, their agencies, representatives and successors, for any and all injuries suffered by me in said event. I certify that I have full knowledge of the risks involved in this event and that I am physical fit and satisfactorily trained to participate in it and have no medical or physical conditions that prevent my participation in it. I give permission for use of my name and picture in any print media account of this event.

Participant Signature _____ Date _____

Parent Signature _____ Date _____

(If participant is under the age of 18, this must be signed by a parent)

Date Paid _____

Cash or Check

Race # _____