

Saturday, March 28, 2015
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 28, 2015

All proceeds go towards the Britson Park & Athletic Complex

Please send your registration form and fee made payable to
The City of Roland before March 20, 2015 to:
 Roland City Hall
 c/o Roland Spring Training Run
 202 E. Ash Street
 PO Box 288
 Roland, IA 50236

\$25.00 at the door
shirt not guaranteed!!
NO REORDERS!!

Age Brackets	
14-under	} \$15.00
15 - 19	
20 - 29	
30 - 39	} \$20.00
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.britsonpark.org

Last Name _____ First Name

Mailing Address _____ City _____ State _____ Zip

Phone _____ Male or Female _____ Age as of 3-28-15

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 # _____