

# St. Patrick's 5k Run/Walk

**Date:** Saturday, March 19, 2011

**Event:** 5k Run/Walk

**Time:** 8:00 A.M.

**Fee:**

Thru March 7 \$20

March 8—Race Day \$25

**Packet Pick-Up:** Prairie Trails Wellness Center

Friday, March 18, 12:00—7:00 P.M.

Saturday, March 19, 7:00—7:45 A.M.

For more information, contact

PTWC at 641-872-3473

royalhooves@yahoo.com



**Prairie Trails Wellness Center**  
102 South Franklin ST  
Corydon, Iowa 50060  
Non-Profit Organization

**PTWC St. Patty's Day Run 2011** one entry form per person      Enclose non-refundable entry fee with this form and mail to PTWC

\_\_\_\_\_  
Name (last name / first name) Please print      Shirt Size (s/m/l/xl) \_\_\_\_\_

\_\_\_\_\_  
Mailing Address      Sex \_\_\_\_\_

\_\_\_\_\_  
City, State, Zip Code      Birthdate \_\_\_\_\_

\_\_\_\_\_  
Email

**Form downloaded at [www.FitnessSports.com](http://www.FitnessSports.com)**

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 physically fit and satisfactorily trained to participate in it and have no medical or physical conditions that prevent my participation in it. I give my permission for the use of my name and picture in any broadcast, telecast, or print media account of this event.

Signature \_\_\_\_\_

Date \_\_\_\_\_

(of parent or legal guardian, if under 18)