



**WDTF 5k Run/ Walk  
Youth Mile, and Kids Fun Run (.25 miles)  
Saturday, March 30<sup>th</sup> 9:00am  
\*5k followed by youth mile & fun run  
Race Start: Western Dubuque High School  
302 5<sup>th</sup> Ave SW  
Epworth, Iowa**

**Entry Fee**

**Early Registration (before 2/5/19)**

\$15

**Late Registration (2/6/19 - 3/28/19)**

\$25

**Day of Race Registration (3/30/19)**

\*t-shirts not guaranteed for registrants after 2/20/18, first come first serve basis

\$30

**Youth Mile and/or Kids Fun Run**

\$12

**Kid's/ Youth Day of Race \$15**

**Awards**

Prizes for overall 5k male and female winners

Finishers medals to all 5k participants

Finishers ribbons to all youth mile and fun run finishers



\*Proceeds from the race will contribute to the Western Dubuque boys track and field funds.

Mail entry forms to: WDTF 5k, Attn: Tom Jasper, 302 5<sup>th</sup> Ave SW, Epworth, IA 52045. Make checks payable to: Western Dubuque Boys Track. Race forms are available at [www.fitnesssports.com](http://www.fitnesssports.com)

Online entry: [www.getmeregistered.com/WDTF5K](http://www.getmeregistered.com/WDTF5K)

Race Website: <http://westerndubuquetrack.weebly.com>

Contact Elaina Biechler: [elaina.biechler@Loras.edu](mailto:elaina.biechler@Loras.edu) or 319-217-2297 for questions.

Name \_\_\_\_\_ Age on 3/23/19 \_\_\_\_\_

Street \_\_\_\_\_

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

Email \_\_\_\_\_ Race (circle): 5k run 5k walk Youth Mile Kids Fun Run

Gender: M F Shirt Size: S M L XL XXL Youth: S M L

Release of Liability: In consideration of the opportunity to participate in this event, I hereby release all groups and persons, including the Western Dubuque High School, officials, sponsors, and volunteers from any and all liability for any injury or damages incurred while participating in said event. I further certify that I am physically fit to participate in the event for which I am registered.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date