

# BALLARD KIWANIS *Fourth of July* 5K RUN & PANCAKE BREAKFAST

## 5K RUN/Walk

Check-In begins at 6:20 a.m. at the beer tent south of the Log Cabin, 305 Benton Street, Slater, IA 50244

Walk/Run starts at 7:00 a.m.

Course will start at the beer tent south of the Log Cabin, through Slater to the Heart of Iowa Trail, and back.

Drawing for Door Prizes following race for registered participants.



\$25 per person (includes breakfast)



\$10 off with student ID

Detach below registration and mail to: Ballard Kiwanis, PO Box 1, Huxley, IA 50124

Make checks payable to: Ballard Kiwanis

Registrations also accepted day of event

## Pancake Breakfast

Includes: Pancakes, sausage, and beverage

Beer tent south of the Log Cabin, 305 Benton Street, Slater, IA 50244

8:00 –10:00 a.m.

Good will donation

A portion of the proceeds benefits the Kiwanis Vision and Dental program

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

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

Email Address \_\_\_\_\_ Date of Birth \_\_\_\_\_ Gender: M / F

Emergency Contact \_\_\_\_\_ Emergency Phone Number \_\_\_\_\_

I certify to the best of my knowledge that I am physically fit and have no medical condition that could likely worsen by participating in this event. I am fully aware and assume all risks associated with participating in this event. I understand that the race is on public streets that limited traffic control will be provided, and that participation could be hazardous. In consideration for accepting my entry, I, the undersigned, intending to be legally bound hereby for myself, my heirs, my executors, and administrators, contractually waive and release any and all rights and claims for the damages I may suffer or which may arise against any or all sponsors including, but not limited to, the Ballard Kiwanis and the City of Slater, for any and all injuries occurring by reason of the negligent acts or omissions of the sponsors or otherwise, from claims and damages suffered by me or to my property arising out of connection with this event. I also grant full permission to the sponsors and agents authorized by them to use photographs, motion pictures, videotapes, recordings or any other record of this event for any legitimate purpose. My signature below verifies that I have read and agree to the terms stated above. I understand that unsigned entries will not be accepted.

Signature ( If participant is under 18, parent or guardian must sign. ) \_\_\_\_\_

Date \_\_\_\_\_