

6th annual Downward Dog 5K & 10K Saturday July 23rd

- Saturday July 23rd **7:30am** from Downward Dog Yoga 120 2nd Street Coralville
- \$ \$25 entry fee with all proceeds donated to: Iowa City Animal Shelter
- Registrations must be received by July 15th to guarantee most awesome t-shirt!
- Registrations WILL be accepted on raceday
- SK & 10K Run or Walk
- Prizes awarded to 1st Male & 1st Female
- Door prizes

All proceeds donated to the Iowa City Animal Shelter

Registrations can be dropped off or mailed to Downward Dog 120 2 nd Street Coralville, IA 52241		
Name:	Age:	T-shirt size:
Address:		Race:
E-mail:	Phone_	
I fully understand and acknowledge that running and exercise has inherent risks, dangers, and hazards. I hereby certify that I am aware of no medical condition that may increase my risk of illness or injury as a result of my participation. I hereby assume all risks and dangers and all responsibility for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the owners, agents, or independent contractors associated with Downward Dog Yoga & Fitness or by any other person. I have read the above waiver and by signing it, agree, it is my intention to exempt and relieve Downward Dog Yoga & Fitness from liability for any personal injury, property damage, missing property or wrongful death caused by negligence or any other cause.		
Signature:		Date: