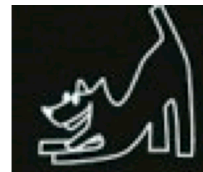


# 5th annual Downward Dog 5K & 10K Saturday July 11th

- ❖ Saturday July 11th **7:30am**  
from Downward Dog Yoga  
120 2<sup>nd</sup> Street Coralville
- ❖ \$25 entry fee with all  
proceeds donated to: Michael  
J. Fox Foundation for  
Parkinson's Research
- ❖ Registrations must be received by July  
5<sup>th</sup> to guarantee awesome t-shirt!
- ❖ Registrations WILL be accepted on raceday
- ❖ 5K & 10K Run or Walk
- ❖ Prizes awarded to 1<sup>st</sup> Male & 1<sup>st</sup> Female



**All proceeds donated to:  
Michael J. Fox  
Foundation for  
Parkinson's Research**

When You Train The Heart Is A Gift  
**FitnessSports**  
100% of the proceeds from this event will be donated to the Michael J. Fox Foundation for Parkinson's Research.

Registrations can be dropped off or mailed to Downward Dog 120 2<sup>nd</sup> 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: \_\_\_\_\_

When You Train The Heart Is A Gift  
**FitnessSports**  
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