

JUGGLEFEST 5K WORLD JOGGING CHAMPIONSHIP

Presented by the International Juggling Association

July 15, 2017 - 7:30 A.M.

Lisbon, IA

RACE INFORMATION:

Flat, fast USATF certified out and back course with \$1600 in prize money! CHIP TIMED.

\$250 and trophy for 1st Male & Female Joggler, \$100 for 2nd M & F Joggler and \$50 for 3rd M & F Joggler
Jogglers must continuously juggle at least 3 objects and any drops must be retrieved and restart where dropped.

Jogglers may double-up on prize money by finishing as Overall Winner!!

\$250 and trophy for 1st Overall Male & Female, \$100 for 2nd Overall M & F and \$50 for 3rd Overall M & F

You do not have to be a juggler to enter this race, it is open to any and all runners.

Medals to top three age group finishers (19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over).

Overall winners receive a plaque and prize money but are not eligible for age group awards.

Start/Finish on Jackson St. between Casey's and Junction Auto (near Lisbon City Park).

T-shirts and refreshments available to all the participants

CHECK IN AT JUNCTION AUTO, 214 E. Hwy. 30, Lisbon, IA.

Reg. for the 5K by July 7 for \$20; after July 7 and race day \$25

RACE DAY REG. IS FROM 6:00 A.M. TO 7:15 A.M.

Contact William Bails, Race Director - (319) 331-7939 or bailswilliam@gmail.com

Race Website: <http://roadrunner.coachbails.com>

PLEASE FILL OUT THE FOLLOWING FORM, SIGN THE WAIVER, AND MAIL TO: JUGGLEFEST 5K

P.O. Box 75

STANWOOD, IA 52337

MAKE CHECKS PAYABLE TO: JUGGLEFEST 5K

JUGGLEFEST 5K (PRINT CLEARLY)

FIRST AND LAST NAME

ADDRESS

CITY/STATE/ZIP

PHONE

E-MAIL ADDRESS

BIRTH DATE

AGE (race day)

M/F

CIRCLE T-SHIRT SIZE: S M L XL

EVENT

UNTIL

AFTER

5K

7/7
\$20

7/7
\$25

Where You Have the Right to B - FIT

FitnessSports

8810 Swanson Blvd, Clive, IA 50325
515/277-4785, Fax 515/277-3854 or 800/529-7684

Waiver: In consideration of my participation in the Jugglefest 5K, I the undersigned, my heirs, executors and administrators consent to discharge, release and hold harmless the city of Lisbon, Junction Auto, the IJA, race sponsors, volunteers and their affiliates, successors and distributors for claims, actions, losses, damages or expenses for personal or bodily damage and property loss or damage incurred by me arising out of or in connection with my participation in this event. I hereby grant permission to the parties listed herein to use my name and photographs, videotapes, motion pictures, recordings or any other record of my participation in this event for any purpose. I have read the foregoing and am of legal age to consent to the waiver and have trained to the best of my ability for this event.

RUNNER'S SIGNATURE

PARENT/GUARDIAN SIGN (if runner under 18)