

# Starr's Cave 5k



## July 4th 2015

8:30 am Starr's Cave Nature Center

Name \_\_\_\_\_

Address \_\_\_\_\_

City/Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Age as July 4, 2015 \_\_\_\_\_

Gender M \_\_\_\_\_ F \_\_\_\_\_

T-shirt size (please circle one):

Adult: S M L XL XXL Kids S M L

### Waiver

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors, assigns, and administrators, waive and release any and all claims against race directors and volunteers, DMCC and its employees, and sponsors for any and all injuries suffered by my participation in this event. I attest that I have full knowledge of the risks involved in said event and that I am physically fit and sufficiently trained to participate in this event. Further, I hereby grant full permissions to any and all of the aforementioned parties to use my name, likeness and voice, as well as any photographs, videotapes, motion pictures, recordings, or any other record of this event in which I may appear for any legitimate purpose.

Race Applicant Signature

(signature of parent if under 18)

\_\_\_\_\_

Date: \_\_\_\_\_

Make checks payable to:

**Partners for Conservation**

Mail to:

**Advance Chiropractic Center**

3115 Agency

Burlington, IA 52601

**You must register by June 26th to be guaranteed a race t-shirt.**

Race fee: \$20 5k before June 26th t-shirt guaranteed  
\$20 5k after June 26th t-shirt not guaranteed

Or sign up online at [getmeregistered.com](http://getmeregistered.com)

Total \$ \_\_\_\_\_

**The Race:** Come and join us at beautiful Starr's Cave Park for a hilly, rocky, and possibly muddy fun run through the trails. Throw on some old running shoes and start out the fourth with a bang while supporting our local parks.

**Packet Pick Up:** July 3rd at Starr's Cave Nature Center 6-7pm or on race day starting at 7:00am.

**The Awards:** An awards ceremony and door prizes will be given out immediately following the race. Medals will be given for overall male and female winners and the top 2 finishers in each gender and age group.

The age groups are: Overall 14 & under 15-19 20-29 30-39 40-49 50-59 60 & over

For questions contact:

Emily Stumpf 319-457-2961