



September 15, 2018 - Adams Homestead and Nature Preserve

Register online at: <http://getmeregistered.com/SiouxlandRaceForHope> or complete this form and mail to:
SCHEELS, 4400 Sergeant Rd STE #54, Sioux City, IA 51106

One form per person please

Name: _____ Male _____ Female _____ Date of Birth _____
First M.I. Last

Address _____ City/State/Zip _____

Email _____ Phone _____

5K at 9:00AM (select one below)

- Run
- Walk

\$30 pre-registration (through 8/26 at 11:59PM)

\$45 late registration (8/27 at 12:00AM through 9/15 at 5:00PM)

10K Run at 8:45AM

\$40 pre-registration (through 8/26 at 11:59PM)

\$55 late registration (8/27 at 12:00AM through 9/15 at 5:00PM)

Youth 5K (15 and under) at 9:00AM

- Run
- Walk

\$15 pre-registration (through 8/26 at 11:59PM)

\$25 late registration (8/27 at 12:00AM through 9/15 at 5:00PM)

*All children in strollers do not need to register for the race. Only those pushing the strollers must register.

Make a Contribution and Sleep In

(Please fill in 'Additional donation' below)

I am participating in honor/memory of:

I am participating with a group of people

Team Name: _____

I would like to upgrade to a long-sleeve shirt. (\$5.00)

- youth small
- youth medium
- youth large
- unisex small (fitted style)
- unisex medium (fitted style)
- unisex large (fitted style)
- unisex extra large (fitted style)
- unisex 2XL (fitted style) (\$2.00)
- I do not want a shirt.



I am a Survivor!

(Please mark if you would like 'survivor' printed on your shirt.)

Packet Pick-Up

Packet Pick-up will take place Friday, September 14th from 11AM-6PM at SCHEELS (4400 Sergeant Road). We strongly encourage you to pick up your packet and shirt (if registered by 8/26) on this day if possible. If not, race day packet pick-up will begin at 8AM by the shelter house at Adams Nature Preserve.

Additional donation \$ _____
(100% tax deductible)

Total Enclosed \$ _____

NOTE: No race day registrations will be accepted. You MUST be registered by 5pm on September 14th!

I know that running (racing) and walking on trails is potentially hazardous activity. I know that I should not enter and run or walk unless I am medically able and properly trained. Knowing these facts, and in consideration of you accepting my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers. Including any and all of their agents, employees, assigned, or anyone acting on their behalf, from any and all claims of liability, for death, personal injury, or property damage of any kind or nature whatsoever arising out of the course of my participation in this event. This release and waiver extend to all claims of every kind or nature whatsoever, foreseen, known, or unknown. I agree that the event and race sponsors can use my race photos and video for marketing purposes and understand these photos will be available to the public. Applications for minors accepted only with a parent or guardian's signature.

Signature _____

DATE _____

EVERYONE MUST SIGN – PARENT OR GUARDIAN MUST SIGN FOR A MINOR