

# Shed Your Threads

## 5K/10K

Run/Walk

**July 30, 2022**

Race starts by the Elkader Swimming Pool  
600 S. High Street

**Registration:**            **6:30-7:15 AM** (\$20 pre-registration, \$10 without shirt by July 23rd. \$25 late registration after July 23rd, \$15 without a shirt.)

**Kids Fun Run:**            **7:20 AM** (Kids 5 & under-no cost. Approximately a quarter-mile course.)

**5K/10K Walk/Run:**        **7:30 AM** (Race begins at the Elkader City Pool parking lot, running out and back on the Pony Hollow Trail.)

**Make checks payable to: Central Community School**

**Drop off or mail to: Central Community School, 400 1st Street, Elkader, IA 52043**

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First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Male    Female    Age on race day \_\_\_\_\_

Shirt Size: XS    Small    Medium    Large    XL    No Shirt

Email \_\_\_\_\_ Phone \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Race to Enter:    Kids Fun Run            5K Run/Walk            10K Run/Walk

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection might be provided, there could be traffic on the course route; therefore, I assume the risk of running in traffic. I also assume any other risks associated with running the event including, but not limited to, falls, contact with the other participants, and the effects of weather and conditions of the road. I understand I am solely responsible for my own safety while traveling to and from or participating in this event. Knowing these facts and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might sue on my behalf covenant not to sue, and waive, and discharge the sponsors or contributors to this event, any race officials, volunteers, the city and police agencies, their representatives successors or assignees from any and all claims of liability for death, personal injury, or property damage of any kind or nature whatsoever arising out of, or in the course of my participation. The release form and waiver extends to all claims of every kind of nature whatsoever, foreseen and unforeseen, known and unknown. The undersigned further grants full permission to use any photographs, video tapes, motion pictures, recordings, or another record of the event for any purpose. Minors will be accepted with a parent's signature. I further agree to abide by the Center for Disease Control's (CDC) recommendations for the prevention of the spread of the 2019 Novel Coronavirus Disease (COVID-19) and other communicable diseases. I assume all such risks being known, appreciated, and accepted by me.

Signature(parent/guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_