

# Saturday, July 9, 2016

## Coming Home Days

Join us for the

### LEE'S TAE KWON DO ASSOCIATION

## 5K Fun Run / Walk

Registration begins at 7:30 a.m. in front of the Lakeview School in Cottonwood. The run/walk will begin at 8:30 a.m. in the Lakeview School parking lot. Pre-registration is due by June 24, 2016. Pre-registration is preferred but not required to participate. Extra shirts will be available, but we cannot guarantee shirt sizes to race day entrants. For more information, please call Earline Schulstad at 651-216-6173 or go online to: [www.leesassociation.com](http://www.leesassociation.com) to download additional registration forms. **All proceeds go to area Food Shelves.**

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**REGISTRATION FORM: Please complete one form per participant-ages 5 years and older.**

Name \_\_\_\_\_ E-Mail \_\_\_\_\_

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

Male/Female \_\_\_\_\_ Age on July 11<sup>th</sup> \_\_\_\_\_ Phone \_\_\_\_\_

T-shirt size:      **Adult:** S M L XL XXL      **Youth:** XS S M L

**Please check one option:**

\_\_\_\_\_ \$15.00 per individual (5K Run)\*

| \_\_\_\_\_ \$10.00 per individual (5K Walk)\*

**Total amount enclosed:** \$ \_\_\_\_\_

Please return registration form by June 26, 2015 to:  
Earline Schulstad  
500 19<sup>th</sup> Street SE  
Willmar MN 56201

\*5K registration fee includes t-shirt (1 per individual). **Race Day registration is \$5.00 additional and shirts will be limited.** Prizes will be awarded for the top runners in the 5K. Entry fees are non-refundable and there will be no rain date.

**Liability waiver:** I know that participation in a road race is potentially hazardous. I should not enter and run/walk unless I am able and properly trained. I assume any and all other risks associated with participation in this event, including but not limited to falls, contact with other participants, the effects of weather, including high heat and/or humidity and cold temperatures, and conditions of the road, all such risks being known and appreciated by me. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. I also authorize First Aid and/or treatment to be rendered in case of any emergency. I hereby consent to and authorize the use and reproduction, by Lee's Tae Kwon Do of any and all photographs which have been taken on this day for any publicity purposes without compensation. I also understand in which case the Race Directors deem the weather conditions to be unsafe for the start or continuation of the race, that the race may be postponed or canceled. Should I choose to stay on the race course, I do so at my own risk. All entry fees are non-refundable. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act for my behalf, waive and release all the sponsors of the event from all claims or liabilities of any kind arising out of my participation in this event even though that liability might arise out of negligence or carelessness on the part of the persons and/or organizations included in this waiver, including, but not limited to, Lee's TKD Assoc., its members, event organizers and workers. **I hereby acknowledge that I have read and understand the terms of this waiver.**

\_\_\_\_\_  
Signature (by parent or guardian if participant is under 18)