

# 11<sup>th</sup> Annual Alden Days 5K Run/Walk

“Iowa’s Other Dam Run”

**Saturday, June 18<sup>th</sup>, 2016 | Registration at 7:30 a.m. | Race Starts at 8 a.m.**

**Cost:** Pre-registration (until June 10) \$15 includes t-shirt and refreshments  
Late registration (June 11 and after) \$20, t-shirt not guaranteed Make checks payable to: Alden Days

Entry forms may be dropped off at the Dr. Grace O. Doane Alden Public Library or mailed to:  
Alden Days 5K Run/Walk, c/o Lisa Prochaska, 1106 Alden Street, Alden, IA 50006

Medals will be awarded to top runners in each age/gender bracket: 14 & Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 and over.

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## Registration Form

11<sup>th</sup> Annual Alden Days 5K Run/Walk | Saturday, June 18, 2016 | 8 a.m., Alden City Park

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

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

Zip Code \_\_\_\_\_ Phone # \_\_\_\_\_

Age as of June 220, 2015 \_\_\_\_\_ Gender M \_\_\_\_\_ F \_\_\_\_\_

\_\_\_\_\_ Miles of Smiles Participant

T-shirt size (circle one): Adult S M L XL XXL

**Waiver:** In consideration of your accepting this entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the City of Alden or any sponsor or contributors to this event and their representatives, successors, and assigns for any and all claims of liability of any kind arising out of my participation in this event. I agree to abide by any decision of the race official relative to my ability to safely complete this run. I assume all risks associated with running/walking in this event, including but not limited to falls, contact with other participants, the effects of the weather, traffic and the condition of the road, all such risks being known and appreciated by me. 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, video tapes, motion pictures, recordings, or any other record of this event in which I may appear for any legitimate purpose.

Date \_\_\_\_\_ Signature \_\_\_\_\_

(Signature of parent if under 18)