



THE 3RD ANNUAL  
SAC FIT WELLNESS COALITION  
5K RUN/WALK FUNDRAISER

Saturday, July 20th, 2019  
at 8 am  
Stone Pier, Lake View, Iowa

PARTICIPANT REGISTRATION FORM

Full Name: \_\_\_\_\_

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

Mailing Address: \_\_\_\_\_

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

Phone: (\_\_\_\_) - \_\_\_\_\_ E-mail: \_\_\_\_\_

Shirt Size: S M L XL XXL

**Event Information:** This 5K is a fundraiser to raise funds for future activities to provide families and children with opportunities to lead healthy and active lifestyles. The route will start and end at Stone Pier and take you around beautiful Black Hawk Lake. Packet pick-up and sign in will be before the 5K on Saturday, July 20th from 7:30am to 8am at Stone Pier.

**Early bird registration is \$20 until June 29th and includes a t-shirt. After June 29th, registration is \$25 (Shirts not guaranteed for runners registered after June 29th).**

Refreshments and snacks will be available at the event.

**Please mail completed registration form and check payable to:**

Sac Fit  
RE: 5K  
PO Box 250  
Sac City IA 50583

THANK YOU FOR  
YOUR SUPPORT!



**Waiver:** I understand a road race is a potentially dangerous sport and choose to participate at my own risk. I assume any risks as a result of this event, and release the City of Lake View, Sac Fit Coalition, and their sponsors of any liability as a result of the Sac Fit Wellness Coalition 5K. To the best of my knowledge, I am in adequate health to take part in the event safely and responsibly. I have carefully read the waiver, and by signing below, agree to the terms and conditions.

**Signature:** \_\_\_\_\_

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

Office Use Only:

Date Received: \_\_\_\_\_ Amount Pd: \_\_\_\_\_ Method: \_\_\_\_\_ Cash \_\_\_\_\_ Check Number \_\_\_\_\_