

CWC Heartland Days 5k Run

Saturday June 8th 7:30am

\$20 if registered before May 10th. \$25 same day registration fee.

Anyone registered after May 10th will not be guaranteed a race shirt

Check in begins at Mikkelson park by the baseball diamond at 7:00am

First Name: _____ **Last Name:** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phone: _____

E-mail: _____

Birthdate: _____

Age on Race Day: _____

T-shirt size: _____ S _____ M _____ L _____ XL _____ 2XL _____ 3XL

Make Checks Payable To: Chickasaw Wellness Complex
Mail To: 1050 W. Hamilton, New Hampton, IA 50659
Entry fee is non-refundable.

I hereby declare myself in good physical condition and able to run or walk in the CWC 5K Run/Walk event. I do hereby waive and release the Chickasaw Wellness Complex, City of New Hampton, individuals associated with this event, their agents, representatives, and successors, from claims for damages of any nature, including personal injury that I may incur as a result of my participation.

Signature: _____

Guardian Signature (if under 18): _____