

CWC HEARTLAND DAYS 5K RUN/WALK

WHEN

Saturday, June 10

10am

Registration begins at 9am

WHERE

Mikkelson Park

Name: _____

Phone: _____

Email: _____

Age on Race Day: _____

Please Read the waver and sign below: I hereby declare myself in good physical Condition and able to run or walk in the CWC 5K event. I do hereby waive and release the Chickasaw Wellness Complex, the city of New Hampton and everyone associated with this event from claims for damages of any nature, including personal injury that may occur as a result of my participation.

Signed: _____ Date: _____

Make checks payable to: Chickasaw Wellness Complex · 1050 W. Hamilton St. New Hampton, IA 50659

**ALL AGES
EVENT**

**REGISTRATION
INCLUDES:
CWC HAT
ONE FREE DRINK TICKET
COUPONS FOR LOCAL
BUSINESSES AND MORE!**

**REGISTRATION
\$20 until June 1st. After
June 1st \$25.**

**PROCEEDS
Will go toward updating/
expanding the Chickasaw
Wellness Complex weight**