



# ST. MICHAEL'S SPIRIT RUN 5K WHITTEMORE, IA

The St. Michael's Spirit Fun Run/Walk 5K will be held Saturday, May 26, 2018 @ 9:00 AM.

Event sign-in on day of race will start at 8 AM at St Michael Parish Hall  
613 3<sup>rd</sup> Street, Whittemore, IA.

**Across from the Whittemore baseball diamond and play ground.**

## REGISTRATION FORM

Preregistration: Please complete the registration form below. You are required to mail in your registration form via regular mail or drop it off at St. Michael's Parish Office along with your registration fee.

Registration Fee: \$30.00 (NO REFUNDS)

Registration Deadline: Register by May 10<sup>th</sup> to be guaranteed a t-shirt. Will take registration up to the day of the event, t-shirt not guaranteed.

Questions may be emailed to: Sandy Long @ [stmwhitt@ncn.net](mailto:stmwhitt@ncn.net) or call 515-884-2618

Send Completed/Signed Registration Form and Registration Fee to:

St. Michael's Parish Office  
613 3<sup>rd</sup> St  
PO Box 337  
Whittemore, IA 50598

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

Street Address: \_\_\_\_\_

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

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**GROUP RATE: 5 and younger free/ group discounts for families only: 2 parents and 3 kids: \$120**

T-Shirt Size:    Adult S    \_\_\_    Adult M    \_\_\_    Adult L    \_\_\_  
                         Adult XL    \_\_\_    Adult XXL    \_\_\_  
                         Youth S    \_\_\_    Youth M    \_\_\_    Youth L    \_\_\_

**You may register the day of the event but no guarantee to receive a T-shirt.**

**By signing this form, you agree to the following terms and conditions:**

In consideration of accepting this entry, I or my executors, heirs and administrators, do hereby release and discharge St. Michael's Church, Whittemore, IA and all other volunteers from claim, damages and any actions whatsoever in connection with the "St. Michael's Spirit Run 5K." I recognize and assume the risk inherent in running a road race, including but not limited to the risk of injury associated with strenuous physical exercise, the risk of running near traffic and the risk of uncertain running conditions. This release extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I certify that I am in sufficient physical condition to participate in this event, assuming a higher degree of conditioning in preparation for a cold/hot weather run. Shoes are required for all participants. I also give permission for the free use of my name and/or pictures for publicity or solicitation.

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Signature of Participant