Training is tough. Registering is easy.

Storm Lake "Jump Right In" & Run

5K, ½ MARATHON,

& ½ MARATHON 2-person relay

Sunday, September 6, 2009 7:30 a.m.

One entry form per person. Race entering: 5K ☐ ½ Marathon ☐ ½ Marathon, 2-person relay ☐

Both relay participants must fill out individual forms and submit together.

Last name First name Gender

M F

Mailing address (include apt. number)

City State zip code

Shirt size

YM YL S M L XL 2XL

Day telephone

Email address—all correspondence will be done via email

ENTRY FEES -Register now to save money.

$20 5K (with long sleeve shirt) $_____

$30 Half Marathon $_____

(Receive long sleeve shirt & finishers medal)

$40 (per team) 1/2 Marathon Relay $_____

(Receive long sleeve shirt & finishers medal)

(Registering after Aug. 31, add $5 to each category) $_____

Total Enclosed (nonrefundable) $_____

To guarantee receipt--Do not mail after Aug. 26, 2009

Mail Entry Form to: Jump Right In and Run
P.O. Box 190
Storm Lake, IA 50588

You must complete the entire entry form, sign the waiver and include payment-make check payable to Jump Right In and Run.
DO NOT SEND CASH

WAVIER: I know that running a road race is a potentially hazardous activity. I attest and verify that I am medically able and properly trained to enter and to complete this event. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to: falls, contact with other participants, the effects of weather, including high heat or humidity, traffic and the conditions of the roads and bridge, all risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the City of Storm Lake, race officials, volunteers and all sponsors, their representatives and successors from claims or liabilities of any kind arising out of my participation in this event. I understand that all entries are final, with no refunds, and that the race organizers reserve the right in the event of an emergency or local or national disaster to cancel the race or to change the day and/or time of the event and that there is no refund of entry fees. I grant permission to all the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. All entry forms must be signed. Incomplete, unsigned forms will not be accepted.

Signature_____ Date____

Guardian Signature, if under 18 _____ Date ____

REQUIREMENTS

1. You must be able to complete the ½ marathon in 4 hours or less
2. You must be in good health and physically prepared to take on this challenge.
3. Race numbers are required to participate.
4. Dogs, in-line skates, skateboards, bikes and baby-joggers are not allowed on the course.

Earn the right to say "I DID IT!"

Email: stormlakerunningclub@gmail.com Website: stormlakerunningclub.com Ph:712-299-0864