



5K FLOCK

5K Run/Walk
Saturday, July 7, 2018
9:00 am

Race Begins at
Good Shepherd Lutheran Church
311 13th Street West
Ashland, WI 54806

PLEASE PRINT LEGIBLY

Name _____ Gender (Circle One): M F

Address _____

City, State Zip _____

Phone _____ E-mail _____

Age _____ Please Circle One: Individual Family/Team

Shirt Size (Circle One): SM M L XL NONE

Family/Team Members:

1. Name _____ Gender (Circle One): M F

Age: _____ Shirt Size (Circle One): S M L XL NONE

2. Name _____ Gender (Circle One): M F

Age: _____ Shirt Size (Circle One): S M L XL NONE

3. Name _____ Gender (Circle One): M F

Age: _____ Shirt Size (Circle One): S M L XL NONE

Waiver (MUST BE SIGNED)

In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

Signature _____ **Date** _____

Parent or Guardian if under 18 _____ **Date** _____

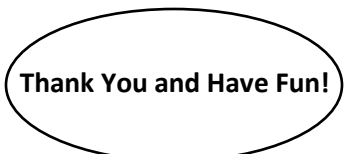
Form Posted At goodshepherdashland.org **Guaranteed T-shirts to All Registered by June 15**

Awards: Top three males and females receive trophies

Make Checks Payable and Mail to:

Good Shepherd Lutheran Church
311 13th St W Ashland, WI 54806

Contact: goodshepherd5k@gmail.com



Cost Information:

Individual:
\$10 prior to race
\$20 day of race

Family
(Up to 4 Family Members):
\$25 per family prior to race
\$50 per family day of race

Registration and Results Available at
iTiming.com