

Palo Fun Days
5K Run & Walk
Friday, August 19, 2016
7:00PM

Planned by: West Linn Community Group

5K Age Division: Overall, 18 & Under 19-29 30-39 40-49 50-59 60 & Over, Walker

Awards: Medals awarded to top two finishers of each age division. Additional prizes to top male & female finishers

Entry Fees: Pre-Registration received by Monday, August 15, 2016: \$15.00 – with shirt
Pre-Registration received by Monday, August 15, 2016: \$10.00 – NO shirt

After Deadline & Race Day Registration: \$20. 00 – with shirt

After Deadline & Race Day Registration: \$15. 00 – No shirt

Make checks payable to: West Linn Community Group

Mail registration form to: PFD 5K Run & Walk
PO BOX 36
Palo, IA 52324

Additional Information: Zeller Memorial Park – Palo, IA
Registration & Packet pickup 6:00-6:45PM
Race Starts at 7:00PM
5K route is nearly all on hard surface
Route & Locations may change due to road repairs

Updates: West Linn Community Group website: <http://www.westlinncommgroup.com/palo-fun-days> OR
Facebook Palo Fun Days 5K Run & Walk page: <https://www.facebook.com/FFDRunWalk/>

Palo Fun Days Schedule: Friday, August 19	Saturday, August 20
5:00pm Beer Tent	9:00am Parade
6:00pm Kids Games	10:00am Kids Games - Kickball Tournament - Beer Tent
7:00pm Palo Fun Days 5K Run/Walk	10:30am Veterans Ceremony
7:30pm Culver's Custard Eating Contest	11:00-2:00pm Bingo
8:00pm Wakefield County Band	12:00pm Mud Runs: Local Competitors
	2:00pm Mud Runs: National Points Race
	2:30pm Culver's Custard Eating Contest
	4:00pm Bags Tournament
	8:00pm Full Circle Band
	9:30pm Fireworks (approximate)

Name _____ Phone # _____

Address _____ City _____ State _____ Zip _____

Gender _____ Age on race day _____ Circle: Run or Walk or Team Name: _____

Shirt size (circle ONE) ADULT: S M L XL XXL *T-shirts guaranteed for early registration only *PLEASE READ & SIGN:

Liability and Publicity Release

Being over 18 years of age or as a parent or guardian of listed participant, I do hereby absolve and hold harmless the West Linn Community Group and the City of Palo or any individual or entity associated with the event. I agree that the aforementioned are not responsible for any problems or injuries I may have while taking part in this run/walk. I know that I should talk to a doctor before taking part in this run/walk if I have any concerns about my health. I further provide that this hold-harmless agreement applies to my heirs, executors, and assignees, and that I am in good condition for this run/walk. I have read and fully understand my own liability and do accept restrictions. I grant to the West Linn Community Group the exclusive right to the free use of my name, my voice, and/or picture in broadcast, advertising, promotion or other account of this event.

Entrant Signature _____ Date _____

*Parent/Guardian Signature _____ Date _____

