



Prairie Ridge Wellness 5K & Anniversary Celebration

Join Prairie Ridge in celebrating 50 years of providing services to the community through our Wellness 5K and Celebration. The race will start at 8:30 am and all are welcome to participate. There will be games, bouncy house, and face painting for children during and following the race! (Parental supervision required for participation.)

Come out and celebrate our golden anniversary!

Name: _____ Age on Race day: _____

Address: _____ City/State/Zip Code: _____

Phone Number: _____ Male/Female Birthday: _____

Emergency Contact/Phone Number: _____

T-Shirt Size (Circle one) : Adult- Small Medium Large XL XXL 3XL

Child- Small Medium Large

T-Shirt is only guaranteed when registered before 9/17/2019

Early Registration Entry Fee: \$30 Cash/Check enclosed (Drop off or mail form to address listed below)

Packet Pick-Up will be Friday, September 20 from 12-4 at Prairie Ridge in Mason City.

Day of Race Registration: \$35 Cash/Check

Awards will be for Overall top finisher along with 1st and 2nd place within the following age groups (19 & Under, 20-29, 30-39, 40-49, 50-59).

Release and Waiver (Please Read and Sign):

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that, although police protection might be provided, there could be traffic on the course route, therefore, I assume the risk of running in traffic. I also assume any other risks associated with running this event including, but not limited to, falls, contact with other participants, and the effects of weather and conditions of the road. I understand I am solely responsible for my own safety while traveling to and from participating in this event. Knowing these facts and in consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators, or anyone else who might sue on my behalf covenant not to sue, and waive, release, and discharge the sponsors or contributors to this event, any race official, volunteers, the city and police agencies, their representatives, successors, or assignees from any and all claims of liability for death, personal injury, or property damage of any time or nature whatsoever arising out of, or in the course of my participation.

The release form and waiver extends to all claims of every kind or nature whatsoever, foreseen and unforeseen, known and unknown. The undersigned further grants full permission to use any photographs, video tapes, motion pictures, recordings, or another record of the event for any purpose, minors will be accepted with parent's signature.

Signature of Participant (or Parent/Guardian): _____

Mail Registration Forms to: Prairie Ridge Integrated Behavioral Healthcare, 320 N Eisenhower Ave.
Mason City, Iowa 50401