

PLWC May Day Run

5K - 10K

3.1 & 6.2 Mile Road Race

Date: Sat. May 5, 2018

**Time: Registration at 8AM,
Race Starts at 9AM**

Where: Prairie Lakes Wellness Center

Entry fees:

- \$30.00 for pre-registered runners
- \$35.00 for day of the race registration

**Race T-Shirt to all participants.
Refreshments and Awards following the Race.**

Race Divisions:

**14 & under, 15-19, 20-29, 30-39,
40-49, 50-59, 60 & over**

For more information or to register call:

PLWC 605-882-6250



Waiver: In consideration of your acceptance of this entry, I hereby, for myself, my heir, executors, administrators, waive any and all rights and claims for damages I may have against individuals associated with this event. It's agents, representatives, successors and assigns, for any and all injuries by me in said event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event. I also give permission for the free use of my name and picture in any broadcast, telecast, or print media account of this event.

Mail form and entry fee to:

Prairie Lakes Wellness Center
PO Box 910
Watertown, SD 57201

Phone: 605-882-6250
Email:
dgreenman@watertownsd.us

Name _____

Race: **5 K** **10 K**

E-Mail Address (please write legibly) _____

Phone _____

T-shirt Size: S M L XL

Sex _____ Age on race day _____

Signature _____ Date _____

Signature of parent or guardian if under 18 years of age. _____ Date _____