



LWLC Fall 5K Run/Walk

SATURDAY, Sept. 22, 2018

10:00 AM: 5K Walk/Run

Check In, Shirt/Bib Pick Up and Same Day Registration Begins at 8:30 AM

Living Waters Lutheran Church
1911 4th Avenue North
Sauk Rapids, MN 56379

5K race fees: 15 yr old & under \$25 16 yr old & over \$28 (Your age on race day.)

**Registrations must be PAID and received by LWLC by 4:00 PM, Sept 12 to guarantee a T-shirt.
Same day registration begins at 8:30 am on Sept 22, but does not guarantee a T-shirt.**

PLEASE submit one registration form per runner. You **MAY** combine the total cost of all registrations in a single payment if sending in multiple registrations at one time.

Race (check one): _____ 5K Run/Walk 15 yr old & under(\$25.00)
_____ 5K Run/Walk 16 yr old & over (\$28.00)

Name: _____ Male / Female (*circle one*)

Email: _____ Phone #: _____

Address: _____ City/State/Zip: _____

Age on race day: _____ (Medals to overall Male and Female winners & top three in age groups)

T Shirt Size (*circle one*): Youth: S M L XL Adult: S M L XL 2XL

TOTAL AMOUNT PAID: _____ (checks payable to: Living Waters Lutheran Church
(Forms and payment mailed to: Fall Fest 5K, LWLC, 1911 4th Ave. N., Sauk Rapids, MN 56379)

ADDITIONAL INFORMATION ON THE BACK OF THIS REGISTRATION FORM!

Waiver: I understand that the LWLC Fall 5k Run/Walk is potentially dangerous. I hereby discharge and agree to hold free and harmless Living Waters Lutheran Church, and any sponsors or organizers/employees of this event from any and all liability for injuries to me and/or my under age 18 participant, my property, or wrongful death that I may accrue as a result of participation. My execution of this release form verifies that I am physically fit and sufficient to compete in this event as verified by a licensed medical doctor. I understand and agree that any sponsor may use my name and/or photographs of me participating in this event for publicity/promotional purposes without any obligation to me. I further understand that the entry fee is non-refundable. I further understand that the race will occur rain or shine.

Participant Signature: _____ Date: _____

Parent/Guardian Sign/Date Here if Participant is Under 18: _____ / _____

I WAS RECRUITED BY: _____
(CLEARLY print full name of person who recruited you)

Need even more information: email plraduns@gmail.com or call 320-309-7448.

ONLINE REGISTRATION:

<https://www.signmeup.com/reg/form/126117/registration>

INFORMATION/DOWNLOADABLE REGISTRATION FORM, 5KRun/Walk Website:

<http://www.lwlcmmn.org/lwlc-5k-run-walk/>

Proceeds of event sponsor LWLC programs.

A GREAT EVENT, GREAT PRIZES, A GREAT PRICE, A GREAT CAUSE—THANK YOU!

2018 Fall 5K Run/Walk

A 5K FOR EVERYONE!! IF you *don't like* running/walking in the *summer heat*, don't miss this FALL 5k (cooler and less humid)! IF you are looking for *competition*, our 5K is electronically bib timed and there are medals for the top three overall male and female runners as well as for the top three finishers in each male/female age group. IF you are a *younger runner*, we have age friendly groupings and a reduced price. IF you are a *walker*, this is a great fall walk through Sauk Rapids!

NEW THIS YEAR: "RECRUIT A RUNNER" DRAWING!! First, Sign up/pay for the 5k yourself! **Second**, tell/recruit your friends and neighbors to register as well! **Third**, for each one of them that then registers/pays to do the 5K, and indicates your name on the "I was recruited by: ____" line provided on registration blanks, **YOU** will have your name put in a drawing that will occur on race day. The more people you get to register (AND, puts your name on the "recruited by" line), the more chances you have to win one of three very nice prizes, **the top prize being a \$50 Gift Card from Scheels!** Once your friends register/pay, they can also recruit participants and gain their own chances at the prizes! **Help us recruit runners and walkers and give yourself a chance to win some great prizes**

WE ARE the DOOR PRIZE 5K! Following the race and along with the race awards presentation and recruit a runner drawing, there will also be drawings for multiple door prizes for all registered/paid runners! Last year several prizes were valued at more than the cost of registration! Our generous area businesses provide multiple and valuable door prizes such that nearly if not ALL participants get a door prize of some type.

REGISTRATION FEES: Youth (Ages 15 & under): \$25,
Students/Adults (Ages 16+): \$28

T-shirts guaranteed to all registered/PAID by 4 PM, September 12th.

T SHIRTS: Paid registrations received by 4 PM on 9/12/2018 are guaranteed run/race shirts.

FALL 5K MALE AND FEMALE AGE GROUPS

12 and under, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60 and over

THE SCHEDULE:

Online registration closes at 11:59 PM on September 20, 2018; Race day registration/check in starting at 8:30 AM on September 22 with **5K starting at 10:00 AM**. Awards and Door Prize drawings to follow race/run.