# Flekkefest 5k Run/Walk
## Saturday, August 4, 2018
## 7:00 a.m. Registration, 8:00 a.m. Start
*Race is located at Athletic Park, Elbow Lake, MN*

**Registration**
Pre-registration is encouraged. T-shirt is not guaranteed if not pre-registered.

Please send registration and payment to:
John Van Kempen
517 E. Division St.
Elbow Lake, MN 56531

Day of event registration will begin at 7:00am at Athletic Park. Please arrive early to ensure an accurate start time. Kids 1K will start at 8 AM with 5K start to follow.

**Contact**
John Van Kempen 218-685-6168
jvk@runestone.net

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**OFFICIAL ENTRY FORM** *Call 218-685-6168 for more entry forms!*

**Event Categories** (circle one): 5k Run/Walk 1k kid run **Sex** (circle): Male Female

**Age**:_____ **Birthdate**:_____ **T-Shirt size** (circle one) S M L XL

**AGE CATEGORIES** (circle one): 14 & under 15-19 20-29 30-39 40-49 50-59 60 or better

**LAST NAME**_____**FIRST NAME**_____

**STREET ADDRESS**_____

**CITY**_____ **STATE**_____ **ZIP**_____

**PHONE** _____ **EMAIL**_____

**Registration fee: 5k $20.00 – 1k kid run 10.00** (12 and under)
***If not pre-registered we will not be able to ensure t-shirt availability***

***Make checks payable to: WCM Running Club***

Please read the following statement and sign below before submitting entry.

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all sponsors and their representatives, successors, and assigns from any and all rights and claims for damages I may have arising out of any injuries, illnesses or death suffered by me in this event, including those which may be attributable to weather conditions. I attest and verify that I will participate in this event as a footrace entrant or walker that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all of the foregoing to use my name and any photographs, videotapes, motion pictures, recordings or any other record of my participating in this event for any publicity and/or promotional purposes without obligation or liability by me.

I have read the entry information provided and certify my compliance with my signature below. I also understand entry fees are nonrefundable.

Signature_____Parent/Guardian_____

*If applicant is under 18 years of age, form must be co-signed by a parent or guardian.*

*Paid ____cash _____check*