

5K Race Run/Walk

August 4, 2018 8 A.M.



WGWL Trailhead & Welcome Center,
110 East Main Street Riceville IA
50466

Race Features

- Timed 5k Run/Walk starting at 8am
- 5K route is out and back starting at the WGWL Trailhead (110 East Main Street, Riceville IA)
- Kids free ½ mile Fun Run approx. 9:15am
- Free all you can eat pancakes for registered participants
- \$5 all you can eat pancakes and sausage for non-registered participants; \$2 for kids (4/under) 7:30am - 10:00am
- T-shirt (optional) and goody bag for Pre-registered participants available to be picked up starting at 7am
- Race takes place on a paved trail that runs pass a Butterfly Garden, wraps around an ice blue lake and takes you through the heart of woods and restored prairie.
- Wapsi Day events throughout the day in Riceville
- All proceeds for the events go to the Wapsi-Great Western Line Trail Fund
- Visit wgltrail.com for other events like: WGWL Excursion Bike Ride, DeRailed Adventure Race, IronHorse Half Marathon

Name: _____ Address: _____ City, St, Zip: _____

Phone: (____) _____ Email: _____ Male: Female:

Age as of August 4, 2018: ____ For \$5 add a shirt -- T-Shirt Size (Adult)-select one: S M L XL XXL No Shirt

ENTRY FEE: \$15 by July 22 (\$20 w/ T-shirt); \$25 after July 22 (t-shirt not guaranteed)

RACE WAIVER: In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all right and claims for damages or injuries that I may have against the Event Director, WGWL Trail Committee and its representatives, Howard and Mitchell Counties, Howard and Mitchell County Conservations Boards, City of Riceville and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event. In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver. Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

Signature: _____ Parent/Guardian (if under 18 years old): _____

Mail Payments To:
WGWL Wapsi 5K
10508 Elm Ave
Riceville, IA 50466



You can also register online at: <https://runsignup.com/Race/IA/Riceville/Wapsi5K>

How did you hear about our race? _____