



**Saturday, May 20th, 2017**  
**8:00am Registration || 8:30 Start**

**Race Location:** Downtown main street of Lakefield

**Course Description:** 5k around Lakefield MN

**Awards:** \$50 in Lakefield Bucks will be given to first place female and first place male.

**Proceeds:** 80% will go towards the launching of our Lunch in the Park summer program for kids and families. The remaining 20% will go to Ladies of Lakefield for the support of future local events.

**Entry Cost:** \$20 before May 15th or \$25 day of the race

**Make Checks to:** Lakefield Women of Today

**Contact:** Alyssa Anderson - 712-260-0288 or email ladiesoflakefield@gmail.com

**Website:** Forms also available at: [www.ladiesoflakefield.com](http://www.ladiesoflakefield.com)

-----*Detach Here*-----

**\*\*PLEASE PRINT LEGIBLY\*\***

**\*\*\*DROP OFF AT: Z'bakery, City Hall, First National Bank or to a Ladies of Lakefield Member\*\*\***

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**Waiver (MUST BE SIGNED)** In consideration of your accepting this entry, I, the below signed, intending to be legally bound, for myself, my heirs, my executors and administrators, waive and release and any all rights and claims for damages I may have against the race, and sponsors and their representatives, successors and assigns for any and all injuries suffered by me in said event. I attest that I will participate in this event as a footrace, that I am physically fit and sufficiently trained for the completion of this event. Furthermore, I hereby grant full permission to use my name and likeness, as well as any photographs and any record of this event in which I may appear for any legitimate purpose, including advertising and promotion.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent or Guardian if under 18** \_\_\_\_\_

**\*\*No refunds will be issued for any reason\*\***