



# LOVE *like* LOUDEN

**What:** 5K Run/Walk & Kids 100 Yard Dash Fun Run *to Support ImpactLife in honor of Louden Paul Lofgren and to Encourage Blood Donation*

**When:** Saturday, September 18, 2021

**Where:** Muscatine Riverfront – Meet near the playground

**Time:** 8:30 A.M. Kids Race & 9:00 A.M. 5K

**Registration Fee:** (includes t-shirt)

\$30.00 for 5K Walk/Run

\$15.00 for 100-Yard Dash Kids Fun Run (10 and Younger)

Kids groups will be sorted by age based on number of participants.

**Make checks payable to**

Love Like Louden

**Mail Registration with Fee to**

Olivia Foglesong

2686 Becky Thatcher Rd

Muscatine, IA 52761

**Questions**

Contact Olivia: 563-571-1398

lofgrenoc@gmail.com

**Course**

From the Red Brick Building to the Riverview Center, and back, then down the path to Musser Park and back.

**Awards**

Names will be drawn from blood donation participants to win prizes. Each division winner will receive an award.

**Age Divisions**

Individual Male/Female: 15 and under, 16-24, 25-34, 35-44, 45-59, 60+

**Sponsor Information**

If you would like to be a sponsor for this event please contact Olivia.

\$250 Bronze Sponsor

\$500 Silver Sponsor

\$1,000 Gold Sponsor

Name (please print) \_\_\_\_\_ Phone: \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email address \_\_\_\_\_ Event: 100-Yard Dash \_\_\_\_\_ 5K Run/Walk \_\_\_\_\_

Child T-shirt Size:    2-3T        4-5T        Child Small        Child Medium        Child Large

Adult T-shirt Size:    Small        Medium        Large        X-Large        XX-Large

**If you would like to give an additional donation to ImpactLife please write a separate check to ImpactLife. You can mail this directly to ImpactLife or to Olivia Foglesong (2686 Becky Thatcher Rd, Muscatine, IA, 52761).**

I know that participating in a road race is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete the event. I assume all risks associated with participating in this event, including, but not limited to falls, contact with other participants, the effect of the weather, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Love Like Louden Race, the City of Muscatine, and all participating sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

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

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

(Parent or Guardian Signature for participants under age 18)