

The Machine Challenge 5K & 1 Mile

May 28, 2018 – 5K @ 10:00 am / 1 Mile follows CLARENCE, IA

RACE INFORMATION:

- Trophies to overall 5K male & female winners
- Medals to top three in each age group - 19 & Under, 20 - 29, 30 - 39, 40 - 49, 50 - 59, 60 & Over
- Ribbons to all Registered 1 Mile Participants
- T-shirts and refreshments available for all registered participants

START/FINISH @ NORTH CEDAR MIDDLE SCHOOL, CLARENCE, IA

Pre-Register for 5K: \$20 until May 21; after May 21 and on race day for \$25

Pre-Register for 1 Mile: \$10 until May 21; after May 21 and on race day for \$15

RACE DAY REGISTRATION IS FROM 8:30 A.M. TO 9:45 A.M.

Questions: Contact William Bails, RD, at 319-331-7939 or bailswilliam@gmail.com

Website is <http://roadrunner.coachbails.com>

Before or after the race - Are YOU A Machine Challenger - \$5 entry fee - Attempt 123 Pushups (2 Mins) and 95 Sit ups (2 Mins). All proceeds will go towards Troy Musser's fight to defeat ALS (Lou Gehrig's Disease)

PLEASE FILL OUT THE FOLLOWING FORM, SIGN THE WAIVER, AND MAIL TO:

The Machine Challenge 5K/1M

P.O. Box 75

STANWOOD, IA 52337

MAKE CHECKS PAYABLE TO: The Machine Challenge 5K/1M

THE MACHINE CHALLENGE 5K/1M (PRINT CLEARLY)

FIRST AND LAST NAME

ADDRESS

CITY/STATE/ZIP

PHONE

E-MAIL ADDRESS

BIRTH DATE

AGE (race day)

M/F

CIRCLE EVENT & T-SHIRT SIZE

T-SHIRT SIZE: S M L XL

EVENT

UNTIL

AFTER

5/21

5/21

5K

\$20

\$25

1 Mile

\$10

\$15

Waiver: In consideration of my participation in the Machine Challenge races, I the undersigned, my heirs, executors and administrators consent to discharge, release and hold harmless the North Cedar School District, the city of Clarence, race sponsors, workers & volunteers and their affiliates, successors and distributors for claims, actions, losses, damages or expenses for personal or bodily damage and property loss or damage incurred by me arising out of or in connection with my participation in this event. I hereby grant permission to the parties listed herein to use my name and photographs, videotapes, motion pictures, recordings or any other record of my participation in this event for any purpose. I have read the foregoing and am of legal age to consent to the waiver and have trained to the best of my ability for this event.

RUNNER'S SIGNATURE

PARENT/GUARDIAN SIGNATURE (if runner under 18)