

# The Whistle Stop 5K

## June 9, 2018 – 5K @ 8:00 am

### STANWOOD, 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  
 T-shirts and refreshments available for all registered participants  
**START/FINISH @ STANWOOD CITY PARK, STANWOOD, IA**  
 Pre-Register for 5K: \$20 until June 1; after June 1 and on race day for \$25  
**RACE DAY REGISTRATION IS FROM 6:30 A.M. TO 7:45 A.M.**  
 Questions: Contact William Bails, RD, at 319-331-7939 or [bailswilliam@gmail.com](mailto:bailswilliam@gmail.com)  
 Website is <http://roadrunner.coachbails.com>

PLEASE FILL OUT THE FOLLOWING FORM, SIGN THE WAIVER, AND MAIL TO:  
 The Whistle Stop 5K  
 P.O. Box 75  
 STANWOOD, IA 52337  
**MAKE CHECKS PAYABLE TO: The Whistle Stop 5K**

### THE WHISTLE STOP 5K (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

5K

6/1  
 \$20

6/1  
 \$25

Waiver: In consideration of my participation in the Whistle Stop race, I the undersigned, my heirs, executors and administrators consent to discharge, release and hold harmless the city of Stanwood, 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)