



ANNUAL IRONDOG 5K RUN/WALK

Sunday April 28, 2019

Start Time: 5k at 9AM - Kids Mile at 8:40AM

Small Animal Clinic; East Entrance

736 Wilson Rd, Michigan State University, East Lansing, MI

The 9th annual IRONDOG 5k Run/Walk will raise money for the IRONDOG Fund. IRONDOG supports the advanced medical and surgical care of animals at Michigan State University whose owners cannot afford their treatment.

Name: _____ ☐ Male ☐ Female
Mailing Address: _____ City: _____ State: _____ Zip: _____
E-Mail Address: _____ Cell Phone: _____ Age / Race Day: _____
Emergency Contact Name: _____ Emergency Contact Phone: _____

Please identify if you will be running or walking in this event: ☐ 5KRun ☐ 5KWalk ☐ Kids Mile (not chip timed)

Note: Dogs are very welcome to walk with their owners and will start at the rear of the field on race day. Running with dogs in an event of this size is considered hazardous by our insurance provider.

Shirt Size: ☐ Youth (Sm) ☐ Youth (Med) ☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-Large(+ \$3.00)

Kids Mile (Before 4/21/2019 11:59PM EST): \$15.00

5K Early Registration (Before 4/21/2019 11:59PM EST): \$25.00

Late Registration (After 4/21/2019 11:59PM EST): \$30.00 (Registration after 4/21 does not guarantee

Race Day Registration: \$30.00 shirt availability)

Kids Mile Race Day Registration: \$15.00

(Please Make checks payable to Michigan State University, Memo: IRONDOG Fund 5K)

Enclosed is an additional donation of \$_____ to the IRONDOG Fund

WAIVER: MUST BE SIGNED BY PARTICIPANT AND BY PARENT OR GUARDIAN IF UNDER 18: I know that running a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including low heat and/or humidity, traffic and the conditions of the road / path [snow, ice, water, animals], all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, and personal music players, and running with animals or strollers are not allowed in the race and I will abide by all race rules. I understand that those with strollers and those who wish to walk with their dog will be started after the runners. 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 the IRONDOG Fund, IRONDOG 5K organizers, the city of East Lansing, Michigan State University and its Board of Trustees, the MSU Veterinary Medical Center, MSU College of Veterinary Medicine, and the Road Runners Club of America, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Participant Signature: _____ Date: _____

Parent's Signature if under 18 years: _____ Date: _____

MAIL or RETURN TO: Veterinary Medical Center Business Office, 736 Wilson Road, Michigan State University, East Lansing, MI 48824-1314

Register ONLINE at <https://runsignup.com/Race/MI/EastLansing/IRONDOG5k>