

Tread the Trail For Epilepsy 5k Trail Run/Fun Walk



And Pancake Breakfast

Saturday, August 20 9:00 am

St. Olaf Tavern 106 Main Street St. Olaf, IA 52072

Registration starts at 8:00 am the day of the race.

All proceeds will go to the Epilepsy Foundation of Iowa to help find a cure and help individuals with epilepsy.

Runner registration is \$25 if registered by August 10. Registration after August 10 until day of race is \$30. Walk registration is \$15 until August 10, \$20 after August 10 until day of race. Your registration fee also includes a t-shirt, ONLY guaranteed a tshirt if registered by August 10-and a pancake breakfast. .

Name: _____ Address: _____ Phone: _____

Emergency Contact and Phone #: _____ I am **RUNNING** **WALKING**
(Please circle)

Categories (Please circle one)

M / F 19 and under 20-29 30-39 40-49 50-59 60+

T-shirt size (Please circle one)

Adult S M L XL XXL Youth S M L

I know that running a trail run race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I acknowledge that a trail run is not a traditional 5k race in that the nature of the trail in which makes this run a challenge is the possibility of rocks, tree roots, water, and other natural hazards on the trail. I assume the risk of running on the trail. I also assume any and all other risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, and the conditions of the roads, all such risks being know and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. Furthermore, I agree not to go back into the course after finishing. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and waive and release and discharge any and all race sponsors, land owners in which trail run takes place on, race officials, volunteers, local and state police including any and all of their agents, employees, assigns or anyone acting for or on their behalf from any and all claims or liability for person injury or property damage of any kind or nature whatsoever arise out of or in the source of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants permission to sponsors and or agents authorized by them to use any photos, video tapes, motion pictures, or any other record of this event for any purpose. Minors accepted only with a parent or guardian's signature.

Signed _____ (Guardian if under 18) Date _____

For more information, please contact Thea Rentschler at 563-880-1606 or Beth Rentschler 563.880.2714 Please return form by August 10 for early entry. Registration will be taken until day of race for later entry price. Send forms to

Thea Rentschler
PO Box 21, St. Olaf, IA 52072

Forms can also be scanned and emailed to thearentschler@yahoo.com. Registration forms can also be picked up/dropped off at Elkader Carpet and Design Center, Milestone Portraits By Thea Studio, Drew's Bar and Grille in Elkader.