

# The Great Pumpkin 5K Costume Run/Walk Registration Form

Saturday, October 29, 2016 at Sportsman's Park, Shenandoah

Registration 8:30 AM / Race 9:00 AM

**\$10 Adult / \$5 Student / \$25 Family**

One registration form is required per participant or family entry.

You can also fill out and submit registration forms at [www.southwestiowafamilies.org](http://www.southwestiowafamilies.org)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Email \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Gender \_\_\_\_\_

\_\_\_\_ Check payable to SWIA Families \_\_\_\_\_ Credit Card – fill in email to receive an e-receipt

Number \_\_\_\_\_

Expiration Date \_\_\_\_/\_\_\_\_ Security Code \_\_\_\_\_

**Waiver:** I hereby declare, assert and affirm that participation in Southwest Iowa Families Halloween Costume 5K Run/Walk is done having voluntarily and knowing assumed ALL RISKS involved in this Special Event. The immediate physical risks and hazards associated with normal, vigorous physical activity include (but are not limited to) physical discomfort, fatigue, muscular soreness, falls, pulled or strained muscles, overuse injuries, heat stress, and the rare instance of abnormal responses of the cardiorespiratory system including heart arrhythmia, heart attack, stroke, and sudden death. In consideration of acceptance of this contract allowing my participation in the above stated Special Event and intending to be legally bound thereby, I hereby for myself, my heirs, executors, administrators and assigns, WAIVE AND RELEASE any and all rights and claims for negligence, injuries, damages or losses that I may incur against all participating agencies involved in the above stated Special Event, for any and all activities connected with the above Special Event.

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

*Parent/Legal Guardian must sign if participant is under the age of 18.*

For questions please contact us at (712) 542-3501

Send your completed form and payment to:

Southwest Iowa Families  
215 E Washington St  
Clarinda, IA 51632

Or leave them at the drop-off locations:

Clarinda Lied Center  
1140 E Main St  
Clarinda

Southwest Iowa Dental Associates  
1204 W Sheridan  
Shenandoah