



**ZJ5K's Fun Run/Walk  
REGISTRATION FORM  
Saturday, August 10, 2019 8:00am**

|                                                                                                                                                                                                                                                                                                                                                      |           |                 |        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------------|--------|
| Last Name                                                                                                                                                                                                                                                                                                                                            |           | First Name      |        |
| Age on August 10, 2019                                                                                                                                                                                                                                                                                                                               | Birthdate |                 | Gender |
| Address                                                                                                                                                                                                                                                                                                                                              |           | City, State ZIP |        |
| Phone                                                                                                                                                                                                                                                                                                                                                |           | Email           |        |
| <b>Advance Registration - \$25.00 Day of Event - \$30.00</b><br><b>**Registrations received by August 1 will be guaranteed a T-shirt**</b>                                                                                                                                                                                                           |           |                 |        |
| <b>T-shirt choice</b> <i>(circle one)</i><br><br><b>Youth:</b> M L <b>Adult:</b> S M L XL XXL <b>OR</b> No shirt<br><i>Cost of shirt donated back to the cause</i>                                                                                                                                                                                   |           |                 |        |
| <b>This year I will be</b> <i>(circle one)</i><br><br><div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <b>Running</b><br/>           Track my time? ___ Yes ___ No thanks         </div> <div style="text-align: center;"> <b>Walking</b><br/>           Time will not be tracked         </div> </div> |           |                 |        |

**WAIVER.** I understand that participating in this event is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, representatives, successors and assigns, and all other persons associated with the event, for all my liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event.

The undersigned further grants full permission to the race and any organization conducting the race to use any photographs, videotapes, motion pictures, recordings of this event for any purpose.

I have read the foregoing and certify my agreement by my signature below (by parent or guardian if participant is under 18).

Printed Name \_\_\_\_\_

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

**MAIL ENTRY FORM WITH \$25.00 (checks payable to ZJ5K) to  
ZJ's 5K c/o Veseli Lions Club | PO Box 166 | Veseli, MN 55046**