



# It's a **TWILIGHT** 5K Run/Walk for the Millhiser Smith Foundation & Harkey Family

May 31, 2018 - 6:30pm at

**Red Cedar Shelter- Squaw Creek Park**

- ♦ Registration info at [www.beapebble.org](http://www.beapebble.org) or [www.getmeregistered.com/runtheripple](http://www.getmeregistered.com/runtheripple)
- ♦ Runners, Walkers, Strollers & Pets are Welcome
- ♦ Cash prizes for both overall men & women (1st, 2nd, 3rd)
- ♦ 100 yard Pebble Dash for kids 10 & under at 6:15pm



**Packet Pickup:**  
5/30 8am-5pm  
At The Accel Group (Formerly Millhiser Smith)  
3100 Oakland Rd NE

**A SPECIAL THANK YOU TO  
WEST BEND FOR BEING OUR  
PLATINUM SPONSOR!**

**For More Info:**  
(319) 365- 8611  
[msfoundation@millhisersmith.com](mailto:msfoundation@millhisersmith.com)  
[www.beapebble.org](http://www.beapebble.org)

**MAIL TO:** Millhiser Smith Foundation, 3100 Oakland Rd NE Cedar Rapids, IA 52402. Make checks payable to Millhiser Smith Foundation (NO REFUNDS). Registration available up to day of race 5/31/18. Late registration begins 5/16/18.

NAME- PRINT CLEARLY GENDER: M or F

EMAIL ADDRESS

ADDRESS

CITY STATE ZIP

PHONE DATE OF BIRTH (MO/DAY/YR)

EMERGENCY CONTACT PHONE

Entry Choices: Please check applicable boxes below:

Cost

☐

5K Run/Walk with t-shirt  
until 5/15

\$25.00

☐

5K Run/Walk—NO SHIRT  
until 5/15

\$20.00

☐

Pebble Dash with t-shirt

\$7.50

☐

Late Registration after 5/16  
(Not guaranteed a shirt)

\$30.00

☐

Additional Donation to  
Harkey Family

☐

Shirt size 2x, 3x and 4x  
additional fee

\$1.50

☐

Team of 5 or more Discount

-\$5.00

**TOTAL**

Please circle your t-shirt choice below:

Adult S M L XL 2XL 3XL 4XL Youth S M L

## WAIVER

In consideration of acceptance of this run/walk entry, I, for myself, my heirs, executors, and administrators and assignees, forever release and discharge any and all rights, demands, claims for damages, and causes of suit or action, known or unknown, that I may have against City of Cedar Rapids, Kernels, Millhiser Smith Agency and any and all injuries resulting from my participation in the Run the Ripple Run/Walk, that I assume those expenses in the event of an accident, illness or other incapacity regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this event. I release the rights to any and all photographic materials and computer information the race committee may use from this event without obligation to me.

I hereby confirm that I am 18 years of age or older and have read this document and understand its contents \_\_\_\_\_

I am the Parent/Guardian of the entrant who is under the age of 18. I have read this document and understand its contents \_\_\_\_\_