



Cascade Hometown Days 5K Road Race

Date: Saturday August 20, 2022
Time: 7:30 AM
Distance: 5K (3.1 Miles)
Awards: (Right after last finisher) around 8:15 am
Site: Ohnward Bank
Course: Start by the Ohnward Bank and run out to Fidelity Bank and back

Cost: Received by 8-13-22 - \$20.00 after 8-13-22 - \$25.00
(Each Entry Receives a Drawstring Back Pack)

T-Shirts: will be available on site to purchase

Awards: Age group awards to top three men and women

Age Groups: 14 & Under, 15- 18, 19 - 29, 30 - 39, 40 - 49, 50 - 59, 60 & Over

Registration and Packet Pick-Up: 6:30 AM - 7:15 AM @ Ohnward bank Parking Lot

Parade @ 11:00 AM (Other Festivities all Weekend)

Cascade Hometown Days 5K Road Race - Entry Form

(One Entry Form per person - Entry Forms may be copied)

Please Print

Name: _____

Age on 8-20-22 _____ Male _____ Female _____

Address _____

City/State/Zip _____

Phone _____ Email _____

Address _____

Cost: Early Bird (Received by 8-13-22 - \$20.00) after 8-13-22 - \$25.00

Register Online: <https://w-dubuque.revtrak.net/>

Make Checks Payable to: Cascade Cross Country **(No Refunds)**

Mail Entry Forms to: Cascade High School
505 Johnson St NW
Cascade, Iowa 52033-0956

I recognize the risks involved in any athletic event and hereby waive, release and hold harmless Western Dubuque School District, Cascade High School, Cascade Cross Country Team and Cascade Hometown Days Association, City of Cascade, Dubuque County and all their employees and sponsors, all race directors and volunteers from any and all liability, claims and rights for damages from injuries growing out of, related to, or arising from participating in the Cascade Hometown Days Race. I further certify that I have full knowledge of the risks involved in this event and I am physically fit to participate.

Signature _____ Date _____

Parent/Guardian signature if under age 18
