



REGISTRATION FORM		
Last Name	First	Date of Birth
Street Address		Apartment/Unit #
City	State	ZIP
Phone	Alternate Phone	E-mail Address
Sex	Age on race day	
Shirt Size (s, m, l, xl, xxl)	Regular T-Shirt <input type="checkbox"/>	Tech Shirt (Moisture wicking) (Extra \$10.00) <input type="checkbox"/>
5K Run <input type="checkbox"/>	5K Walk <input type="checkbox"/>	1K Kids Fun Run <input type="checkbox"/>
MEDICAL INFORMATION		

I assume all risk associated with including but not limited to falls, contact with other participants, the effects of weather, traffic, all risk being known and accepted by me. Therefore I waive and release any and all rights and claims against the City of West Des Moines and officials, 5K For 5 Charities Foundation, and all sponsors involved with this event. I attest that I have full knowledge of the risks involved in the event and that I am physically fit and sufficiently trained.

SIGNITURE: _____

Mail Registration and entry fee check to:
 5k for 5 Charities
 70 Thayer Ave
 Des Moines, IA 50315

Make checks payable to: 5k for 5 Charities

Entry Fee:

- \$10.00 1K Kids Fun Run (will receive youth large t-shirt)
- \$25.00 5K Run or Walk
- \$35.00 5K Run or Walk with Technical 5k shirt