



# 2017

# 5K

# Run/Walk

## REGISTRATION FORM

SATURDAY, JUNE 10, 2017

STARTING TIME: 7:30 AM

CHECK IN: 6:45 AM—7:15 AM

**Race Day Headquarters is in front of the Ipswich Community Fitness Center  
Located at 21 Main Street**

*This event is open to all ages. Runners and Walkers are ALL welcome!*

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone/Email: \_\_\_\_\_

Walk    Run   Age Division:    13-19    20-39    40-54    55+

T-Shirt Size    SM    MD    LG    XL    2XL    3XL

**Registration due by Friday, May 26th 2017**

**Registration Fee:** \$25.00 *Make checks payable to: Ipswich Fitness Center*

**Mail registrations to:** Marion Heintzman - 35641 135th Street - Ipswich, SD 57451

**Contact:** Marion Heintzman 605-380-5535 (*no texts*) or [ipswichfitnesscenter@gmail.com](mailto:ipswichfitnesscenter@gmail.com)

**Waiver:**

I waive all claims for myself and my heirs against the Ipswich Community Fitness Center/Trail Days and Trail Days organizers for injury/illness, which may directly or indirectly result from participation. I further state that I am in healthy condition to participate in this event. Parent/guardian must sign this waiver for runners/walkers under the age of 18.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_