

5K

SPONSORED BY



DATE

Saturday, April 23, 2022

LOCATIONS

Anamosa, Bondurant, Carroll, Decorah, Dickinson County
Dike, Fort Dodge, Hancock County, Sergeant Bluff,
Sibley, Spencer, Storm Lake

Additional sites may be added prior to the event. For location
specific information, visit livehealthyiowa5k.org.

TIME

8:00 AM - 5K Run/Walk
9:00 AM - 1K Kid's Run

REGISTRATION

5K Run/Walk

Early registration (January 10 - April 4)
\$25 / \$15 for adult 10 Week Wellness Challenge participants

Late registration* (through April 18) - ONLINE ONLY
\$30 / \$20 for 10 Week Wellness Challenge participants

On-site* - \$30 / \$20 for adult 10 Week Wellness Challenge
participants presenting confirmation email

*T-shirts are not guaranteed with late or on-site registration

1K Kid's Run (12 and younger)

Early registration (January 10 - April 4) - \$5
Late registration* (April 18) - \$5 - ONLINE ONLY

On-site* - \$5

*T-shirts are not guaranteed with late or on-site registration

PARTICIPANTS RECEIVE

- T-shirt
- Prizes
- Race Number (5K only)
- Finisher medal
- Post-race refreshments

REGISTER BY MAIL

MUST BE POSTMARKED BY APRIL 1, 2022

Mail entry form, signed waiver, and entry fee to:

Live Healthy Iowa
1421 S. Bell Ave. #104
Ames, Iowa 50010

Checks payable to: Live Healthy Iowa

ADMIN ONLY Paid: CASH CHECK Amount Pd: _____

Bib Number: _____

APRIL 23, 2022

ANAMOSA • BONDURANT • CARROLL • DECORAH
DICKINSON COUNTY • DIKE • FORT DODGE
HANCOCK COUNTY • SERGEANT BLUFF
SIBLEY • SPENCER • STORM LAKE

PARTICIPANT INFORMATION (PLEASE PRINT CLEARLY)

FIRST NAME: _____

LAST NAME: _____

ADDRESS: _____

CITY: _____ STATE: ____ ZIP: _____

DAY PHONE: _____

NIGHT/CELL PHONE: _____

EMAIL: _____

DATE OF BIRTH (MM/DD/YY): _____ AGE: _____

GENDER: MALE FEMALE

COUPON CODE: _____

LOCATION

- Anamosa Bondurant Carroll Decorah
 Dickinson County Dike Fort Dodge Hancock County
 Sergeant Bluff Sibley Spencer Storm Lake

EVENT

- 5K Run/Walk 1K Kid's Run

T-SHIRT SIZE

YS(6/8) YM(10/12) YL(14/16)

S M L XL 2XL 3XL

DON'T FORGET TO SIGN THE WAIVER FORM!

SIGN-UP TODAY!

LiveHealthy IOWA 5K.org

888.777.8881 • info@livehealthyiowa.org • [f](#) [t](#) [i](#)

Proceeds to benefit local wellness
coalitions in partner communities



WAIVER

Must be signed by participant and/or parent/guardian if under age 18.

Applicants under age 18 must have parent or guardian complete Parts "A" & "B", 18 and over complete Part "A" only.

PART "A" - WAIVER & RELEASE FROM LIABILITY

In consideration of being permitted to enter for any purpose any RESTRICTED AREA (herein defined as the areas to which admission by general public spectators is prohibited and in addition, consisting of the planned route, or any other area which the participant chooses to access by any mode of transportation), or being permitted to compete, officiate, observe, work for, or for any purpose participate in any way in the event, EACH OF THE UNDERSIGNED, for himself/herself, his/her personal representatives, heirs, next of kin, acknowledges, agrees and represents that he/she has, or will immediately upon entering any of such restricted areas, and will continuously thereafter, inspect such restricted area or areas and all portions thereof which he/she enters and with which he/she comes in contact, and he/she does further warrant that his/her entry upon such restricted area and that he/she finds and accepts the same as being safe and reasonably suited for the purpose of his/her use, and further agrees and warrants that if, at any time, he/she is in or about restricted areas and he/she feels anything to be unsafe, he/she will immediately advise the officials of such and will leave the restricted area(s):

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE the Iowa Sports Foundation, d/b/a/ Iowa Games, its affiliated clubs, organizations and licensed medical professionals, their respective administrators, officers, directors, representatives, agents, coaches, the promoters, hosts, other participants, operators, officials, sponsors, advertisers, owners and leasees of premises used to conduct the event and each of them, their officers, and employees, all for the purposes herein referred to as "releasees", from all liability to the undersigned, his/her personal representatives, assigns, heirs and next of kin for any and all damage, and any claim or demands therefore on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in or upon the restricted area, and/or competing, officiating in, observing, or working for, or for any purpose participating in the event;

2. HEREBY AGREES TO INDEMNIFY AND SAVE HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in or upon the restricted area or in any way competing, officiating, observing, or working for, or for any purpose participating in the event and whether caused by the negligence of the releasees or otherwise.

3. HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE due to the negligence of releasees or otherwise while in or upon the restricted area and/or while competing, officiating, observing, or working for or for any purpose participating in the event.

4. EACH OF THE UNDERSIGNED expressly acknowledges and agrees that the activities at the event and in the restricted areas are dangerous and involve the risk of serious injury and/or death and/or property damage. EACH OF THE UNDERSIGNED further expressly agrees that the foregoing release, waiver, and indemnity agreement is intended to be as broad and inclusive as is permitted by the law of the Province or State in which the event is conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

5. Hereby consent to allow my picture and/or voice or likeness to appear in any official documentary, promotional, exclusive television, radio or film coverage of the Iowa Sports Foundation, d/b/a/ Iowa Games in any manner incidental to my participation in the Iowa Sports Foundation, d/b/a Iowa Games and without compensation to me.

THE UNDERSIGNED HAS READ THIS WAIVER AND RELEASE FROM LIABILITY, FULLY UNDERSTANDS ITS TERMS, UNDERSTANDS THAT SUBSTANTIAL RIGHTS ARE GIVEN UP BY SIGNING IT, AND SIGNS IT FREELY AND VOLUNTARILY, and further agrees that no oral representatives, statements or inducement apart from the foregoing written agreement have been made. This waiver release and indemnification agreement, specifically embraces each and every event sanctioned, authorized, sponsored, cosponsored, or promoted by said releasees during the entire season, including, without limitation, local or regional qualifying events, wherever located, and applies to each and every event, or activity hereinabove mentioned, and has the same effect as if executed after each and every activity or event in which the undersigned participates so that the parties herein intend to be released and indemnified shall be fully and effectively released and indemnified as to each and every event hereinabove described.

Signed _____ Date _____

PART "B" - PARENT/GUARDIAN WAIVER - RELEASE FROM LIABILITY

(If applicant is under 18 years of age, the parent(s) or guardian(s) must execute in addition to the above, this following waiver;) The Undersigned, referred to as the parent(s) and natural guardian(s) or legal guardian(s) of the above named player(s) thereby represent that he/she (they) is (are), in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties herein referred to above as releases from all liability, loss, cost, claim or damage whatsoever may be imposed upon said releasees because of any defect in or lack of such capacity to so act and release said releasees on behalf of the undersigned.

Parent/Guardian _____ Date _____