

ICE CREAM SKEDADDLE 5K

REGISTRATION FORM

1200 Saturday July 20, 2019
@LFCAC

Let's come together with LFCAC to celebrate National Ice Cream Day and all participants will get free ice cream at end of race! T-Shirts will be on a first come first serve basis for late registration.

\$15.00 until July 10

\$20.00 from July 11-Race Day



www.wainwright.armymwr.com



@WainwrightMWR
#WainwrightMWR
#WainwrightFitness

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REGISTRATION FORM

Participants are required to complete a registration form for each individual participating in the event.

Name _____

Age & Gender _____ M F Phone _____

Email Address _____

Shirt Size (Check One) S M L XL Youth S M L

WAIVER AND RELEASE

In consideration of the acceptance of this entry, I hereby waive and release any and all rights and claims for damages that I or my heirs may have against the United States Army, Fort Wainwright, DFMWR, the Sports and Fitness Staff, its officials, race sponsors and volunteers. I certify that I have properly trained for this event and have been cleared medically to be able to participate in this event. I also grant permission for photos of myself or my children to be taken and posted to Flickr and Facebook during and for this event.

Signature _____

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