Second Annual Lacona Celebration
5K Fun Run/Walk
Saturday, August 24
9:00 am

The route will be both on and off road and will wind through beautiful native prairie on the outskirts of Lacona. The perfect route for a run or leisurely walk. All proceeds from this walk/run will go back to fund future projects with the Lacona Celebration.

Race Day Check-In: 8:00-8:45am, runners and walkers at the Lacona Park

First name Last name age (on race day)

Street address city, state, zip phone/email

T-shirt size: (circle one) s m l xl xxl

Age divisions: 16 and under, 17 and over (adult) Medals will be awarded for 1st, 2nd, and 3rd place in each division.

Award for most improved time if you participated last year!

Registration: $25.00 if registered by August 5th, $30 up to day of race. Please add $5.00 for xxl t-shirt. Late registrations are not guaranteed a shirt or correct size.
Make checks payable to Lacona Celebration Committee and mail form and fee to:
Lacona Celebration 5K PO Box 148 Lacona, Iowa 50139

WAIVER AND RELEASE STATEMENT
(All participants must read and sign)

In consideration of the acceptance of my entry, I hereby represent that I have read this application fully and certify that I have full knowledge of the risks involved in this event and that I am physically able to participate in it and have no medical conditions that prevent my participation. I hereby by for myself, heirs, executors and administrators waive and release all claims against the Lacona Celebration Committee, City of Lacona and all organizers and sponsors involved with this event.

Signature: Date:

***Complete and separate form required for each participant, in the event of heavy rain or lightning the event may be cancelled. Sanctioned by USA Track and Field.**