

# 5K Run

# 1K Kids Run



## Saturday, September 26

A Fundraiser for **MAKE-A-WISH**

**Location:** Cleary Lake Park, 18106 Texas Ave. Prior Lake, MN 55372.

**Registration:** 5K registration begins at 7 a.m., race at 8 a.m. Kids 1K starts at approximately 9:15.

**Prizes!:** All those pre-registered are placed in a drawing to win an I-Pod Shuffle! Door prizes will also be awarded after the race. T-shirt & refreshments provided at the finish line (youth T-Shirts \$5). Medals will be presented to 1st, 2nd, and 3rd place male and female finishers in each category. Trophies are presented to top male and female runners. All participants of the 1K Kids Run will receive an award.

**Entry Fee:** Youth 1K is free. 5K is \$20 if registered before August 15th, \$25 if registering after.

**For more information contact Watkins Family Chiropractic at 952-440-4553.**

5K Walk/Run       1K Kids Fun Run

Name: \_\_\_\_\_ Age on race day \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Gender M / F e-mail \_\_\_\_\_ Phone \_\_\_\_\_

Adult T-shirt size (included in race fee): S M L XL

Youth T-shirt size (add \$5): M L

### WAIVER:

In accepting this entry, I hereby for myself waive and release any and all claims and rights for damages I may have against the organization and/or Watkins Family Chiropractic for the 1K/5K run/walk. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/guardian (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

**Return completed form and check to Watkins Family Chiropractic,  
15815 Franklin Trail SE Prior Lake, MN 55372**