

Jones County Safe and Healthy Youth Coalition  
What's Your Natural High 5K run/walk

**April 28, 2018**

**Race Starts at 9am (Packet Pickup & Registration Starts at 8am)**

The Jones County Safe and Healthy Youth Coalition aims at engaging our communities in efforts to reduce substance abuse through creating and maintaining a safe and healthy environment for youth and adults in Jones County. Join us in our first annual 5k run/walk through Wapsipinicon State Park as we focus on safe and healthy natural highs.

PACKET PICK UP: Coalition office 110 S Williams St, Anamosa April 27th 4-6pm or Race day

EVENT LOCATION: Wapsipinicon State Park

PARKING: Please park in the large lot across from football field/track and walk across bridge

PLEASE COMPLETE THE FOLLOWING APPLICATION AND MAIL IT WITH YOUR  
**CHECK PAYABLE TO: JCShyc**

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Participant Information:

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ zip \_\_\_\_\_

DATE OF BIRTH mm/dd/yy \_\_\_\_/\_\_\_\_/\_\_\_\_

SEX (CIRCLE ONE) M F

SHIRT SIZE (CIRCLE ONE) YS YM S M L XL XXL (add \$1.50)

**ENTRY FEES:**

**\$25 POSTMARKED BEFORE March 31, 2018**

**\$30 AFTER April 1, 2018**

**\$30 RACE DAY ENTRANTS\*\*\*PLEASE NOTE\*\*\* NO SHIRT IS GUARANTEED FOR ENTRIES RECEIVED AFTER APRIL 14th**

**PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW**

I know that running [volunteering for] a road race is a potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road [uneven shoulder], all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Jones County Safe and Healthy Youth Coalition, the city of Anamosa, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

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

(parent or guardian required if under 18)

Questions? Call Sabrina Rogers 319-535-0122, [sabrina@healthhopeharmony.com](mailto:sabrina@healthhopeharmony.com)