



Innovative Systems



# 4th of July Freedom Run

5K & 10K



Place: Pepsi Cola Soccer Complex - Mitchell, SD

Date & Time: July 4th, 2016 at 8:30 AM

Age Group & Overall Awards, Door Prizes, Refreshments

Proceeds to benefit the Mitchell High School Cross Country teams!

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Gender: M F

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Race: (Circle One) 5K 10K Price: \$30 includes t-shirt before June 23rd. Shirt Size: S M L XL

Are you a former MHS Cross Country Runner? Yes No If so, what years? \_\_\_\_\_

**Waiver Statement:** In consideration of acceptance of this race entry, I, myself, my heirs, executors, administrators and assigns, forever release and discharge any and all rights, demands, claims for damages and causes of suit or action known or unknown that I may have against the Dakota Plains Running Club and any and all participating race presenters, sponsors, directors, officers, employees, and agents of such parties, for any and all injuries in any manner arising from my participation in said race. I attest to and verify that I have full knowledge of the risks involved in the race, I assume those risks and I will assume and pay my own medical and emergency expenses in the event of an accident, illness to other incapacity, regardless of whether I have authorized such expenses. I am physically fit and sufficiently trained to participate in this race. I understand that no bikes, roller blades, pets or baby strollers are permitted in the race.

Return to:  
DPRC  
PO Box 365  
Mitchell, SD 57301

Signature: \_\_\_\_\_