



2016 St. Francis of Assisi Habitat for Humanity 5k Run/Walk

Saturday, August 20, 2016

St. Francis of Assisi Catholic Church

Race start time: 9:00 a.m.

Last Name

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Address

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City

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State

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Zip

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Phone number

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Racer 1

First Name

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Race

<input type="checkbox"/>	5k	<input type="checkbox"/>	Kids 1 mile (10 & under)
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Racer 1 shirt size

YS	YM	YL	YXL	S	M	L	XL	2XL
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Racer 2

First Name

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Race

<input type="checkbox"/>	5k	<input type="checkbox"/>	Kids 1 mile (10 & under)
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Racer 2 shirt size

YS	YM	YL	YXL	S	M	L	XL	2XL
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Racer 3

First Name

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Race

<input type="checkbox"/>	5k	<input type="checkbox"/>	Kids 1 mile (10 & under)
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Racer 3 shirt size

YS	YM	YL	YXL	S	M	L	XL	2XL
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Racer 4

First Name

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Race

<input type="checkbox"/>	5k	<input type="checkbox"/>	Kids 1 mile (10 & under)
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Racer 4 shirt size

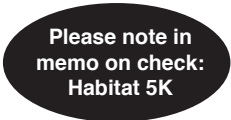
YS	YM	YL	YXL	S	M	L	XL	2XL
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ENTRY FEE

	5k	Kids 1m	<i>*Register between 8:00-8:30 a.m. on race day</i>
Cost	\$20	\$10	

Registrations received by August 1, will be guaranteed a shirt for race day.

Make checks payable to: SFA Habitat for Humanity
 Mail to: St. Francis of Assisi Catholic Church
 Attn: Habitat 5K
 7075 Ashworth Road
 West Des Moines, IA 50266



In submitting this entry, I hereby for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may or herafter have against individuals associated with St. Francis of Assisi Catholic Church and the Habitat for Humanity ministry team in West Des Moines, Iowa and all volunteers, for any and all injuries suffered by me in said event. I certify that I have full knowledge of the risks involved in this event and that I am physically fit and satisfactorily trained to participate in it and have no medical or physical conditions that prevent my participation in it. I give my permission for the use of my name and picture in any broadcast, telecast or print media account of this event.

 Signature of Racer 1 (Parent or guardian if under 18)

 Signature of Racer 2 (Parent or guardian if under 18)

 Signature of Racer 3 (Parent or guardian if under 18)

 Signature of Racer 4 (Parent or guardian if under 18)