



www.kiwaniis.org



Lakeland Area Kiwanis Get Your K's On Registration Form

Register online at www.tandhtiming.com or fill out this form.

Visit our club website at www.lakelandkiwanis.com for run info.

Please enter your information in the following fields

Mail completed form and payment to:
Get Your K's On Run
c/o Dan Brunette
5955 Redpine Ridge
Rhineland, WI 54501

Entry Deadline: April 15th

First name: _____

Last name: _____

Email: _____

Address: _____

City/State/Zip: _____

Age on race day: _____

Gender:

Male

Female

Phone: _____

Run Date: Saturday, April 29th. Race day registration starts at 10am, run starts at 1:00PM.

Each **PRE-REGISTERED** runner for either the 5K or the 10K will get a t-shirt, the cost of which is included with the registration fee. Only **PRE-REGISTERED** runners are guaranteed a t-shirt. The first 100 **PRE-REGISTERED** runners will also get a free goody bag. The 1K is free to enter, but does not include a t-shirt. T-shirts are available at a cost of \$5.00 for youth and \$10.00 for adults. Please select your event and shirt size and get ready to Get Your K's On!

EVENT

1K (free, t-shirt not included)

I would like to buy a shirt

\$5.00 youth size (select size)

\$10.00 adult size (select size)

5K (\$25.00), please select a shirt size

10K (\$25.00), please select a shirt size

Adult T-Shirt size

S

M

L

XL

XXL

Youth T-Shirt size

YS (6-8)

YM (10-12)

YL (14-16)

TOTAL ENCLOSED: \$ _____

Make checks payable to: Lakeland Area Kiwanis

WAIVER FORM

In consideration of my entry and/or participation in the Get Your K's On run and associated events, I do hereby release, discharge, hold harmless, indemnify, acquit, and promise not to sue the Lakeland Area Kiwanis Club, Kiwanis International, the Town of Minocqua, its agents, employees, race officials, sponsors, and volunteers from any and all claims of damage, causes of action, suit, costs, charges, claims, demands and liabilities of said run. This release extends to all claims of every kind of nature whatsoever, foreseen or unforeseen, known or unknown. This release is intended to cover all non-fatal or fatal injuries and illnesses of any kind or nature which may be sustained or suffered from any cause whatsoever connected or arising out of the participation in, or involvement with, the Get Your K's On run and associated events.

I, the undersigned, know that the Get Your K's On run is an event which may carry the risk of personal injury. I know that there are natural and man-made obstacles and hazards, surfaces, and environmental conditions and risks, which in combination with my actions or other's actions, can cause severe or even fatal injury. I agree that I, as either a participant or legal guardian of a participant who is a minor, must take an active role in understanding and accepting these risks, conditions and hazards, and I attest and verify I have full knowledge of the risks involved in such events. I also agree that I, and not the race officials, volunteers, the Lakeland Area Kiwanis Club, Kiwanis International, the Town of Minocqua or others associated with the event, are not responsible for me while I (or the minor) participate or train for these events.

Further, I hereby grant full permission for the use of my name and any photographs of me or videos of me during my participation in this event. **This entry is invalid unless signed by entrant. The official race director reserves the right to reject any entry.**

Participant Signature: * _____

Date: _____

* Parents must sign for children under 18