



www.kiwaniis.org



## Lakeland Area Kiwanis Get Your K's On Registration Form

Register online at [www.tandhtiming.com](http://www.tandhtiming.com) or fill out this form.

Visit our club website at [www.lakelandkiwanis.com](http://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 14th**

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

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

Address: \_\_\_\_\_

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

Age on race day: \_\_\_\_\_ Gender:  Male  Female Phone: \_\_\_\_\_

**Run Date: Saturday, April 28<sup>th</sup>. Race day registration starts at 11am, 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