



**Friends of the Malvern Public Library
502 Main St., Box 180
Malvern, IA 51551**

5th Annual 5K Run/Walk

**''' *Race* '''
''' *the* '''
''' *Trace* '''**



5K Fun Run & Walk

Saturday, July 2, 2011

Starting at 8:00 AM

Wabash Trace Nature Trail Depot

3rd Ave. & W. 5th St., Malvern, Iowa

A benefit for the Malvern Public Library Technology Fund

Sponsored by Friends of the Malvern Public Library

Mail Registration form
And \$20.00 payment to:
Friends of the Malvern Library
P.O. Box 180, 502 Main St.
Malvern, IA 51551



Race the Trace: July 2, 2011—Check in at 7:30 AM

Walkers begin at 8:00 AM

5K runners begin at 8:15 AM

Food and beverages provided



For Information
Contact: Linda—712-624-9902
malvern4square@msn.com

Also — Celebrate Independence Day in Malvern
July, 2, 2011

Lots of Local Events Happening the Same Day in Malvern!

Great food,

Kids' Events

FIREWORKS DISPLAY IN THE EVENING!

- **Sponsored by Malvern Area Betterment Association — MABA**

JULY 2 — 5K RUN/WALK — REGISTRATION FORM — \$20 ENTRY FEE

Please print clearly. One participant per entry. Each participant must sign a waiver.
Pre-registrants must designate T-shirt size by June 15 to assure correct size.

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Male Female

Amount enclosed: \$ _____ 1 mi Walk/Run 5K Run

T-shirt size (check one) ___ Sm ___ Med ___ Lrg ___ XL ___ XXL

Please make checks payable to: “Friends of the Malvern Library”

Waiver: I know that participation in a road race is potentially hazardous. I should not enter and run or walk unless I am able and properly trained. I know that there may be traffic on the course route. I assume the risk of running or walking in traffic. I also assume any and all other risks associated with participation in this event, including but not limited to falls, contact with other participants, the effects of weather including high heat and/or humidity and cold temperatures, and conditions of the road, all such risks being known and appreciated by me. I attest and verify that I am physically fit and sufficiently trained for the completion of this event. I also authorize First Aid and/or treatment to be rendered in case of any emergency.

I also understand, if the Race Directors deem the weather conditions to be unsafe for the start of continuation of the race, that the race may be postponed or canceled. Should I choose to stay on the race course, I do so at my own risk. Fees are non-refundable. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act for my behalf, waive and release the Friends of the Malvern Public Library, and all race personnel, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability might arise out of negligence or carelessness on the part of the persons named in this waiver.

I hereby acknowledge I have read and understand this waiver:

Signature: _____

(By Parent or guardian if participant is under 18)