



Shalom Run

Please join us for our 9th annual Shalom run! Pre-registration runs until June 20th.

Pre-registration is \$10 and includes a t-shirt. Race day is July 6th with registration beginning at 7 am. Check information desk for registration forms.

Shalom Run 2019

5K, 10K, 1K kids Run

Saturday, July 6th, 2019 Registration: 7AM

5K/10K Start: 8AM 1K Kids Run 9:05AM

Location: Shalom Lutheran Church, 681 Voyager Dr, Alexandria, MN

Cost: Pre-registered: \$10 for 5K, 10K. \$10 for kids

\$20 for 5K and 10k if registered after June 20th

****If not pre-registered by June 20th we can not guarantee t-shirt availability****

Register online at www.signmeup.com/site/online-event-registration/130739, or print this form, fill it out and mail it to Shalom Lutheran Church.

Name: _____ Age: _____

Address: _____

City: _____ State: ____ Sex: M F

E-Mail: _____

Shirt size: Adult S M L XL

Youth M L

Circle Race: 5K 10K Kids Run(\$10)

WAIVER. With my signature written below, I acknowledge my understanding that participating in the Shalom Run 5K involves a strenuous activity which I am physically capable of undertaking, and I represent that I have received no restrictions on such activity from any physician. I further understand that my participation in the Run/Walk involves inherent risks of personal injury and loss of property. I hereby waive my right to assert any claim that I may have, now or in the future, against Shalom Lutheran Church, the City of Alexandria, and any volunteers or individuals having any connection to the event, for injuries, accidents, property losses or hazardous healthy conditions I might suffer as a result of my participation in this event.

Signature (by parent/guardian if participant is under 18):