

**Eighth Annual Lacona Celebration  
5K Fun Run/Walk  
Saturday, August 24th  
9:00 am**

The route will be both on and off road and will wind through beautiful native prairie on the outskirts of Lacona. The perfect route for a run, or leisurely walk. All proceeds from this walk/run will go back to fund adult fitness equipment in the city park.

**Race Day Check-In: 8:00-8:45am, runners and walkers at the Lacona Park**

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First name	Last name	age (on race day)
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Street address	city, state, zip	phone/email
T-shirt size: (circle one)	s      m      l	xl      xxl

Age divisions: 16 and under, 17 and over (adult) Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place in each division. Medal awarded for most improved time from 2018 5K also.

Registration: **\$25.00 if registered by August 8<sup>th</sup>**, \$30 up to day of race. Please add \$5.00 for xxl t-shirt. Late registrations are not guaranteed a shirt or correct size.

Make checks payable to Lacona Celebration Committee and mail form and fee to: Lacona Celebration  
5K PO Box 148 Lacona, Iowa 50139

**WAIVER AND RELEASE STATEMENT  
(All participants must read and sign)**

In consideration of the acceptance of my entry, I hereby represent that I have read this application fully and certify that I have full knowledge of the risks involved in this event and that I am physically able to participate in it and have no medical conditions that prevent my participation. I hereby by for myself, heirs, executors and administrators waive and release all claims against the Lacona Celebration Committee, City of Lacona, USA Track & Field, and all organizers and sponsors involved with this event.

Signature:

Date:

**\*Complete and separate form required for each participant, in the event of heavy rain or lightning the event may be cancelled.**

**\*Sanctioned by USA Track & Field**