



A Superhero 5K

Don't miss our Walk for Wishes® event in the Cedar Valley area! Options include a 5k run or walk.

Friday, April 28th **The Runner's Flat (120 Main St. Cedar Falls)**
4:00 - 6:00 p.m. Packet pick-up and registration

Saturday, April 29th **Gateway Park at Celebration Pavilion, Cedar Falls**
7:30 a.m. Check-in
9:00 a.m. Pre-race Warm Up/Welcome
9:30 a.m. Start Time

Participant Information

Name: _____
Address: _____
City, State & Zip Code: _____
Phone: _____ Email: _____
Team Name: _____
T-shirt Size: ___ S ___ M ___ L ___ XL ___ XXL Male/Female: _____ Birthdate: ___/___/_____

Event Information & Registration Fees

I am participating in:

- 5k walk Free (donation of \$30 or more receives a Dri-Fit Walk for Wishes t-shirt)*
- 5k run Free (donation of \$30 or more receives a Dri-Fit Walk for Wishes t-shirt)*

** register and donate by April 14th to guarantee t-shirt size*
use coupon code WISH to receive a Walk for Wishes shirt for only \$20 through April 1*

Payment information

Check enclosed, made payable to Make-A-Wish® Iowa
 Credit Card
Type: ___ MC ___ V ___ AMEX ___ DSC
Name on Card: _____
Number: _____ Expiration: _____ CVV: _____
Amount to charge: \$ _____ Signature: _____

Return to: **Make-A-Wish Iowa**
3024 104th Street
Urbandale, IA 50322

Register on-line at:
www.iowa.wish.org

Please read, sign and return the attached waiver.

www.iowa.wish.org

(800) 797 9474



PARTICIPANT WAIVER AND RELEASE



In consideration of being allowed to participate in Walk for Wishes® 2017 and/or Walk/5K Run For Wishes 2017 (hereinafter the “Event”), and intending to be legally bound, I hereby for myself, my heirs, executors, administrators and assigns, waive and release all rights and claims for damages which I may have now or in the future against the Make-A-Wish Foundation® of Iowa, its officers, directors, employees, agents and affiliates and their respective heirs and legal representatives (collectively, “Make-A-Wish®”), arising out of or relating in any way to the Event, including all claims for personal injuries and/or property damage sustained by me before, during, or after said Event, whether caused or alleged to be caused in whole or in part by the negligence of Make-A-Wish® or otherwise. I also hereby covenant not to sue Make-A-Wish® for any matter arising out of or connected with the Event.

I recognize that the Event involves activities that are physically demanding and which carry a possibility of serious injury, including permanent disability or death. I hereby warrant and represent to Make-A-Wish®: (a) that I am physically and emotionally fit and sufficiently trained to participate in and complete the Event; (b) that I knowingly and voluntarily assume all risk and responsibility whatsoever associated with my participation in the Event; and (c) that I have carefully read and fully understand this Waiver and Release and willingly agree to all of the conditions and obligations set forth herein.

I give Make-A-Wish® permission to use my name, likeness, photograph and other information for purposes of promotion, publication, commercial advertising, or any purpose whatsoever, now or at any time in the future. I also give Make-A-Wish® permission to use any photographs of me taken during this event that may be used for publicity. Make-A-Wish® may use this information: (1) in all manner and media whatsoever; whether now or hereafter invented, including electronic and print media and the Internet; (2) with or without Participants’ names; (3) without the payment of royalties or other compensation to anyone; and (4) without the need to notify them or to seek further approval before doing so. I certify that I have read this waiver and agree with its contents

[Participant’s signature]

Date: _____

[Participants name – Please print]

(Participants e-mail address)