**Scandinavian Days 5K Run/Walk**

7:30am on Saturday, June 1st, 2023 in Story City, IA

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

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

Phone number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Age on race day (circle one): 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60+

T-shirt size (circle one): Adult: S, M, L, XL, XXL Youth: S, M, L, XL

Registration must be completed by May 15th to be guaranteed a t-shirt.

Gender (circle one): male female

Entry Fees: Non-refundable, $25 for adult and $15 for child if postmarked by May 15th.  
After May 15th Adult Registration will be $30 and Child Registration will remain $15.  
**Shirts will be given out on a first come first served basis for registration received after May 15th**.

Checks Payable to: The RedShirt Foundation | 330 Park Avenue, Story City, IA, 50248 | The Scandinavian 5K is a non-profit event; proceeds will support The RedShirt Foundation.

Packet Pickup: Friday, May 31st at 330 Park Ave. Story City from 4p-6p or Saturday, June 1st beginning at 7am at the golf course. Note: any registration received after May 15th will not have a t-shirt at packet pickup.

Inclement Weather: If raining without lightning, the event will still be held at planned start time. In case of lightning, the race will be postponed until it is safe to run on Saturday. If we are unable to race on Saturday, the race will be held at the same time on Sunday morning. As a reminder, race fees are non-refundable.

In consideration of acceptance of this entry, I intend to be legally bound hereby, for myself, my heirs, executors, and administrators, waive and release any and all right or claim for damages I may have of that may hereafter accrue to me against all sponsors, supporters, and officials associated with Scandinavian Days 5K Run/Walk Race, their representatives, successors, and assigns for any injuries incurred by me during, because of, or in travels to or from Scandinavian Days 5k Run/Walk.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*If participant is under 18, a parent/ guardian must sign