



**Friday May 17, 2019**  
**LEADERS AT THE LAKE 5K RUN/WALK & JEN HARTMAN FUN RUN**

All proceeds from this event will benefit North Cedar Elementary students and teachers. Same day registration begins at 5:00PM. Check in at the tent by 5:45PM. Race begins at 6:00PM. People of all ages are welcome to run or walk in the 5k event. Children and strollers are encouraged for this fun family event. The race will be timed, however, no bibs will be used and prizes will not be awarded for times. Door prizes will be drawn for registered participants after the race. Must be present to win. Water will be provided and snacks will be available for purchase after the race. Register by May 3rd to receive the reduced rate and guaranteed T-shirt.

**North Cedar Elementary students aged K-6th grade will also be encouraged to participate in the JEN HARTMAN FUN RUN. This is a short, speed race along the south side of Big Woods Lake. There will be divisions, K-1st, 2nd-3rd & 4th-6th grades (3 races) prior to the 5k run. Both a girl and boy winner in each division will receive a trophy! If you register your child for the 5k, they will automatically be eligible to participate in both the JEN HARTMAN FUN RUN and the 5k.**

**North Cedar Elementary Leaders at the Lake 5K & Jen Hartman Fun Run Entry Form**

Name \_\_\_\_\_ NC Student(s)  Grade(s) \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_ Email address \_\_\_\_\_

**Release and Waiver** –In consideration of your acceptance of my entry, I hereby waive and release of myself, heirs, executor or anyone who might claim on my behalf, covenant not to sue the event directors, event officials or volunteers from all claims or liability for death, personal injury or personal damage of any kind arising out of or on the course of, my participation in this event. I hereby state that I have full knowledge of the risks involved, foreseen or unforeseen, known or unknown and have conditioned myself to run or walk in this event. I also grant full permission to the event directors and/or agents authorized by them, to have free use of my name and picture in any broadcast, telecast, videotape, print media or any other record of this event for any purpose.

Signature (Guardian if under age 18) \_\_\_\_\_ Date \_\_\_\_\_

**T-Shirt Sizes**

Adult's 50/50 T-Shirt Size (please circle one)

S      M      L      XL      2XL      3XL      4XL      (Add \$2 for 2XL-4XL)

Youth 50/50 T-shirt Size (please circle one)

S      M      L

**Make checks payable to:  
North Cedar PTA**

**Return entry form to:  
Attention: 5K  
North Cedar Elementary  
2419 Fern Ave  
Cedar Falls, IA**

\_\_\_\_\_ **\$20 postmarked by May 3rd** (includes a t-shirt; Children ages 5 & under are free & need not register if they do not want a t-shirt)  
 (Family discount postmarked by May 4th -\$15 for each additional after 3 members; i.e. 4 member of family = \$75, 5 members = \$90)

\_\_\_\_\_ \$25 postmarked after May 4th or day of event registration (t-shirt not guaranteed)

I would like to donate to help support the North Cedar PTA. I am enclosing a donation of:

\_\_\_\_\_ \$5.00    \_\_\_\_\_ \$10.00    \_\_\_\_\_ \$15.00    \_\_\_\_\_ \$20.00    \_\_\_\_\_ \$25.00    Other: \_\_\_\_\_

**\*All Gifts are TAX DEDUCTIBLE!** Please note that your cancelled check will be the record of your contribution. Thank you for supporting North Cedar Elementary!