

Lisbon KRAUT ROUTE – 5k Run/Walk

Sponsored by Nolz Chiropractic

WHEN: Saturday August 13, 2016

Race time: 8:00 am

On site registration 7:00 – 7:45 am

WHERE: Lisbon City Park, South Jackson Street, Lisbon, IA

ENTRY FEE: Advance Registration: With T-shirt \$20 Without T-shirt \$15

Day of Race: With T-shirt \$25 Without T-Shirt \$20

Shirts and sizes not guaranteed after August 1

Fee reduction for members of cross country and track teams – Coaches email a team roster or sign entrants' forms. On line registrants please present coach's authorization at sign-in for \$5 refund.

AGE DIVISIONS: 5K Competitive Walk – Men's & Women's Divisions (*Walkers will be expected to disqualify themselves if they run. If you plan to run even just a little bit, please register for the run*)

5K Run 14 & Under; 15 – 19; 20 – 29; 30 – 39; 40 – 49; 50 – 59; 60 & Over

Prizes awarded to overall top male and female runner and to each division winner

Refreshments will be provided at the park following the race.

For more information, contact Sue Nelson (319) 640-0863 or email tanelson@windstream.net, or Liz Olsem (319)361-0892 or email eolsem@yahoo.com

KRAUT ROUTE 2015 – 5K RUN/WALK ENTRY FORM

Saturday, August 13, 2016

Only one entrant per form. Mail to Sue Nelson, 506 East South Street, Lisbon, IA 52253

Name _____ ^{Circle one} **M F** Birth date _____ Age _____

Address _____ City _____ State _____ Zip _____

Email Address _____

For Fox and Hound consideration

Fastest 5K time 2014-15 ____:____ Race name/location _____

T-Shirt Size (Circle one) **Adult Small – Medium – Large – XL - No Shirt**

Event I plan to participate in: 5K Run _____ 5K Walk _____ (Walk entire route – no run/walk combos, please)

I hereby release the City Of Lisbon and all volunteers from illness or injury that I may sustain while participating in the Sauerkraut Days 5K Run/Walk. By signing below, I am also signifying that I am in proper physical condition to participate.

Participant Signature and Date Parent or Guardian if under 18 years of age

Discount for cross country and track team members – \$5 fee reduction for members with coaches signature.

Coaches – you may email us your team rosters and members can print your name below

Coach's name: _____

Make Checks Payable to: **Lisbon Sauerkraut Days**