

One registration form per participant.

Registration must be received no later than August 25 to be guaranteed a performance shirt.

Name: _____

DOB (MMDDYYYY): _____ Gender: _____ Phone: _____

Email (required for additional race information): _____

Street address: _____

City: _____ State: _____ Zip: _____

Check one (or both): 5K run/walk: _____ 1 mile fun run/walk: _____

Check one: _____ I would like a performance shirt (must be received by August 25 to guarantee shirt)

Adult: Small _____ Medium _____ Large _____ X-Large _____ XX-Large _____

Youth: 2-4 _____ 6-8 _____ 10-12 _____ 14-16 _____ 18-20 _____

_____ I do not want a performance shirt

Received before Aug. 25: 5K walk/run or 1 mile run/walk entry fee: \$25/adult; \$15/child under 12 years, \$65 max per family household

Same Day Registration: 5K walk/run or 1 mile run/walk entry fee: \$30/adults; \$20/child under 12 years, \$75 max per family household

Waiver: I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry fee, I, for myself, and anyone entitled to act on my behalf, waive and release the City of Austin, Hormel Foods Corporation & its subsidiaries, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event. I have read and understand the above.

Signature (Parent's signature if under 18)

Date

Release: I grant to Hormel Foods Corporation and all participating organizations the right to take photographs and video of me and my family in connection with the above-identified event. I authorize Hormel Foods, its assigns and transferees to copyright, to use and publish the same in print and/or electronically. I agree my photographs may be used with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and web content. I have read and understand the above.

Signature (Parent's signature if under 18)

Date

Make checks payable to: Austin YMCA

Mail entry form(s) and check to one of the following addresses:

Hormel Foods/Women Our Way 5K
1 Hormel Place
Austin, MN 55912

Austin YMCA
704 1st Dr NW
Austin, MN 55912

