

**2019 ‘Run The Rock’ Geode Challenge Registration Form**

**Saturday June 22rd Geode State Park**

First Name

Last Name

Email Address

Home Phone

Cell Phone

Gender Male \_\_\_ Female\_\_

Event 5K Trail Run\_\_ 7.5 mile Lake Loop Trail Run\_\_ 7.5 mile Lake Loop Ruck Run\_\_

T-Shirt Size X Small\_\_ Small\_\_ Med\_\_ Lg\_\_ XL\_\_ XXL\_\_

(select one)

Registration Fee: $25 before May 22nd\_\_\_ $30 May 22nd – June 21st \_\_\_

**($35 day of race)**

Please mail this registration form along with your check or money order to:

**Friends of Geode/Challenge**

**PO Box 156**

**New London, IA 52645**

One form per entrant. ***Please retain a copy and bring with you on race day***. Races begin at 8am rain or shine. Entry fee is non-refundable. Registration June 22rd 6:30am - 7:30am beach shelter area at Geode State Park. Ruck run requires a 35lb min. pack. All Entrants receive T-Shirt. Medals awarded to the top three male and female finishers in each race. All finishers receive a participation medal.

**All proceeds go towards the Concession Renovation Project at Geode State Park**.

**Waiver: *I Know running a road race is potentially dangerous activity and 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 accepting my entry, I and anyone entitled on my behalf, waive and release the Iowa Department of Natural Resources, Friends of Geode State Park, it’s race volunteers, sponsors, and employees from any claims and liabilities of any kind arising by my participation in this event.***

 **Signature (if under 18 parent or guardian) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_**

Questions? Email: **info@friendsofgeode.org**

Thank you very much for your support of the **Friends of Geode**

and we look forward to seeing you on race day!