

What's Your Natural High? 3rd Annual 5K Run/Walk May 1, 2021



Join us in our 3rd annual 5k run/walk through Wapsipinicon State Park as we focus on safe and healthy natural highs. Or join us virtually and run on your own this year.

Race Starts at 9am
Registration/Packet pickup Race Day 8-8:45am

Register at

<https://www.active.com/running/distance-running-virtual-events/jones-county-safe-and-healthy-youth-coalition-5k-run-walk-2021>

- [jonescountycoalition.org](https://www.jonescountycoalition.org) under Events
- or pick up a paper registration at the Coalition office

110 S. Williams St Anamosa

Contact Sabrina Rogers for more information 319.535.0122

JCSHYC What's Your Natural High 5K Run/Walk

May 1, 2021

9am (packet pick up starts at 8:00am)

The Jones County Safe and Healthy Youth Coalition aims at engaging our communities in efforts to reduce substance abuse through creating and maintaining a safe and healthy environment for youth and adults in Jones County. Join us in our first annual 5k run/walk through Wapsipinicon State Park as we focus on safe and healthy natural highs.

EVENT LOCATION: Wapsipinicon State Park

PARKING: Please park by the tennis courts or football field and walk across bridge

PLEASE COMPLETE THE FOLLOWING APPLICATION AND MAIL IT WITH YOUR CHECK PAYABLE TO: JCSHYC

Participant Information:

NAME: _____

STREET ADDRESS _____

CITY _____

STATE _____ zip _____

DATE OF BIRTH mm/dd/yy ____/____/____

SEX (CIRCLE ONE) M F

SHIRT SIZE (CIRCLE ONE) YS YM YL S M L XL XXL XXXL(add \$1.50)

ENTRY FEES:

Adults (18+) \$25

Adult Virtual \$20

Children (<18) \$10

Child Virtual \$10

PLEASE NOTE NO SHIRT IS GUARANTEED FOR ENTRIES RECEIVED AFTER APRIL 15th

PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW

I know that running [volunteering for] a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and headsets are not allowed in the race and I will abide by this guideline. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Jones County Safe and Healthy Youth Coalition, the city of Anamosa, IA, Wapsipinicon State Park, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

(parent or guardian required if under 18)

Questions? Call Sabrina Rogers 319.535.0122 sabrina@healthhopeharmony.com