



**5K RUN  
& WALK**

**START FROM PAVILION  
REGISTRATION 8AM - START 8:30**

**SATURDAY, JUNE 3RD**

*PROCEEDS WILL BENEFIT THE JONES COUNTY SAFE AND HEALTHY YOUTH COALITION. PROMOTING MENTAL WELLNESS AND REDUCING SUBSTANCE ABUSE THROUGH CREATING AND MAINTAINING A SAFE AND HEALTHY ENVIRONMENT FOR YOUTH AND ADULTS IN JONES COUNTY.*

**CENTRAL PARK**

**sabrina@healthhopeharmony.com**

**319.382.2077**

**[HTTPS://BIT.LY/JCSHYC5K](https://bit.ly/JCSHYC5K)**

Jones County Safe and Healthy Youth Coalition  
What's Your Natural High 5K run/walk

**Saturday, June 3, 2023**

**Race Starts at 8:30am (Packet Pickup & Registration Starts at 8am)**

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

PACKET PICK UP: Race day 8am

EVENT LOCATION: Central Park

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

-----  
Participant Information:

FIRST NAME \_\_\_\_\_ LAST 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 (add \$1.50)

**ENTRY FEES:**

**\$25**

**\$10 Youth (Under 18)**

**\*\*PLEASE NOTE\*\* NO SHIRT IS GUARANTEED FOR ENTRIES RECEIVED AFTER MAY 19, Noon**

**PLEASE READ AND SIGN THE PARTICIPATION WAIVER BELOW**

I know that running [volunteering for] a road race is a 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 [uneven shoulder], 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 in consideration 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, Jones County, 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** \_\_\_\_\_

(parent or guardian required if under 18)

**Date** \_\_\_\_\_

Questions? Call Sabrina Rogers 319-535-0122, [sabrina@healthhopeharmony.com](mailto:sabrina@healthhopeharmony.com)