

6th Annual Kernel Bowl 5K Run/Walk

Saturday, September 11

8:00 AM

Start/Finish Joe Quintal Field Stadium

East 11th Street

*****Registration after August 31st can be done up to the morning of the race. T-shirts will not be guaranteed.**

Name: _____ Age: _____

Address: _____ Gender: M F

City: _____ State: _____ Zip: _____

Shirt Size: Adult: S M L XL 2XL Youth: S M L XL

\$25-Make checks payable to MABC

Mail registration to Lisa Larson, 25622 Viking Ct, Mitchell, SD 57301

Waiver Statement: In consideration of acceptance of the race entry, I, myself, my heirs, executors, administrators and assigns, forever release, and discharge any and all rights, demands, claims and damages and causes of suit or action known or unknown that I may have against the Mitchell Athletic Booster Club and any and all participating race presenters, sponsors, directors, employees and agents of such parties, for an and all injuries in any many arising from the participation in said race. I attest to and verify that I have full knowledge of the risks involved in the race, I assume those risks and I will assume and pay my own medical and emergency expenses in the event of an accident, illness to other incapacity, regardless of whether I have authorized such expenses. I am physically fit and sufficiently trained to participate in this race. I understand that no bikes, or roller blades are permitted in this race.

Signature: _____

(signature of parent if under 18)