

APRIL 21ST



ALL PROCEEDS TO BENEFIT THE ARC OF THE LAKE!

DOGWOOD FESTIVAL



5K FUN RUN



Entry Fee (non-refundable)

Individuals

Pre-Registration: \$20

Race Day: \$25

The ARC of the Lake supports and empowers individuals living with developmental disabilities



RACE WILL BE HELD AT CAMDENTON HIGH SCHOOL BEGINNING AT 7:30 AM

REGISTRATION WILL BEGIN AT 6:45 AM. FORMS AVAILABLE AT HTTP://CAMDENTONCHAMBER.COM/DOGWOOD-FESTIVAL/

PRE-REGISTRATION DEADLINE IS MONDAY, APRIL 9TH

ONLY PRE-REGISTERED ENTRANTS ARE GUARANTEED A T-SHIRT

Age Groups by Gender:

- 10 and under
11-14
15-19
20-29
30-39
40-49
50-59
60 and over

Top Runner medals in each

1st - Coffee (Courtesy of The Funky Buffalo)
2nd - TBA



Top Male/Female Runner will receive a plaque

ENTRY AND RELEASE FORM FOR THE DOGWOOD FESTIVAL ARC OF THE LAKE RUN

Name: _____

Phone: _____

Address: _____

City: _____

Email: _____

State: _____

Age (on race day): _____
Male ___ Female ___

T-Shirt Size (Adult)
___ SM
___ M
___ L
___ XL
___ I don't want one

WAIVER and RELEASE: In consideration of my entry, I, intending to be legally bound for myself, my heirs, executors, and administrators, waive and release any and all rights and claims against the persons and/or organizations affiliated with the race, Camdenton R-3 Schools, any and all sponsors of the race, volunteers and committee members while participating in or traveling to and from The Dogwood Festival Arc of the Lake Run. I further attest that I am physically fit and sufficiently trained for this event. I have read, understood, and agree to this release.



Signature: _____ (Parent must sign if runner is under 18)

Date: _____

MAKE CHECKS PAYABLE TO: THE ARC OF THE LAKE
SEND REGISTRATION AND CHECK TO: THE ARC OF THE LAKE
PO BOX 722, CAMDENTON, MO 65020