

**Wagner Area Health & Wellness Consortium**  
**The Best Dam 5K Run/Walk @ Ft. Randall**  
**June 13, 2015**  
**Registration-8-8:50 Start Time-9:00**



**Joining Hands for a Healthy Future**

**Official Entry Form**

(Please Print)

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City / State \_\_\_\_\_

Telephone No. Work \_\_\_\_\_ Home \_\_\_\_\_

E-mail \_\_\_\_\_

T-Shirt Size (circle one) S M L XL other: \_\_\_\_\_ Youth Size: \_\_\_\_\_

Event Fee \$15.00 for one shirt \$25 for two shirts.  
Make checks/money order payable to Wagner Wellness Consortium  
T-shirts will be available for those that pre-register before May 30th.  
Free to participate the day of the event but no t-shirts will be available.  
Free Parking at Randall Creek Recreation Area.

**Those buying multiple shirts contact Mark or Craig—605-384-3621**

**Waiver and Hold Harmless Agreement**

I hereby certify that my participation in the Wagner Area Health & Wellness Consortium 5K is with the full knowledge of my physical condition and that I assume the sole end entire responsibility for any injuries or health problems I may sustain as a result of my participation. I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Wagner Wellness Consortium and their representatives.

I certify that I have read the above entry form information.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Parent or Guardian

\_\_\_\_\_  
Date

Return to: Sarah Zephier @ Healthy Start 110 1/2 SE 1st St. Wagner, SD 57380.

For more information and registration forms contact Mark Small or Craig Noteboom @ (605)384-3621.

Proceeds will go to the Wagner Area Health & Wellness Consortium.