

**2022 KINDERFEST ROADRACE—Sponsored by
Blum Physical Therapy**

New for 2022: After the 5K there will be a fun run for participants 12 or under. All participants will receive a participation ribbon. The fun run will be on the trails around the ball fields. The course is approximately a half mile long. Youth 12 and Under may still do the 5K if they desire.

What: Kinderfest 5 K Roadrace/Walk and 0.5 mile Fun Run after 5K

When: 8:00 A.M., Saturday, June 18th, 2022

Where: Manning City Park

5K and Fun Run Entry Fee: POSTMARKED BY Mondy, June 6.

Adults: \$20.00 Age 12 and Under: \$10.00

No t-shirt guaranteed for registrations received after June 6th.

Registration:

Mail to: Robert Cast, P.O Box 303, Manning, Iowa 51455.

Cell Phone: 712-210-5947

Email: rcast@ikm-manning.k12.ia.us

Race Day Registration: Manning City Park, 7:00-7:30.

Awards 5 K: 1st Place Overall Men's and Women's--Trophy, Medals for 1st and 2nd place finishers in each age group. Ribbons to all 12 and Under Participants in both 5K and Fun Run

*****Cut Here and Send Information Below*****

Entry Form:

Name: _____ Address _____

City: _____ State: _____ Zip Code: _____

Cell Phone #: _____ optional

Email Address: _____ For future roadraces.

Please circle: Male Female

Please circle one: 5K Race Fun Run (Any ages welcomed, no times, ribbons to 12 and Under)

Please circle: Adult T-shirt Size: S M L XL XXL

 Youth T-shirt size YS (6-8) YM (10-12)

No t-shirt guaranteed for race day registrations.

Please Circle Correct Age Group. Please circle the age you will be on June 19h

12 and under, 13-19, 20-29, 30-39, 40-49, 50 and Up

Waiver and Release:

In consideration of acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have or thereafter accrue to me against all sponsors, contributors, and individuals associated with the event, it agencies, representatives, successors and assigns for any and all injuries suffered by me while taking part in this event. I attest and verify that I have full knowledge of the risks involved and I am physically fit and sufficiently trained to participate in this event. I give my permission for the free use of my name and picture in any broadcast or print media account of event.

Signature and Date: _____

(If participant is under 18, parent or guardian must sign or runner will NOT be allowed to participate)

Make checks payable to: Robert Cast Payment must accompany entry.

Blum Physical Therapy
Jamie Blum PT, DPT
123 Main Street, Suite B • Manning • 712-655-4433

Where You Have the Right to B - FIT
Fitness Sports .com
7230 University Ave, Des Moines, IA. 50311
515/277-4785 or 800/529-7684