

Pleasantview 5K Run and Walk  
Saturday, September 28, at 9:00 a.m.  
Kids 1K begins at 9:00 a.m.  
5K immediately following 1K  
\$25.00 Entry Fee\*

**PV**  
**5K**

Send or drop off check  
and registration form:  
PV-PTAC  
1009 6th Avenue North  
Sauk Rapids, MN 56379

\*Entry fee includes Pleasantview 5K t-shirt,  
if received prior to September 14.  
\*Kids will also receive a finisher's medal

---

Name: \_\_\_\_\_ Age as of 9/28/19: \_\_\_\_\_

Race Selection: 5K or Kids 1K

Home/Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Email Address: \_\_\_\_\_

Shirt size: YOUTH YS YM YL ADULT: S M L XL XXL

\*Cannot guarantee shirt if not registered on or before September 14

Release and waiver of liability: I, the undersigned, in consideration of the opportunity to participate and the acceptance of my entry in this event, intending to be legally bound, do hereby, on behalf of myself, my heirs and legal and personal representatives, release, waive and forever discharge any and all claims for injuries and damages to my person or property, including any and all causes of action relating thereto, which might have or shall ever have against the PV PTAC and ISD 47 and its affiliates, officers, board members, representatives for any and all injuries and damages which I may sustain in this event. I further state that I have sufficiently trained for and that I am in proper physical condition to participate in this event. I further grant authorization for the free use of my name and photographs, video tapes, recordings or any other record or transcription of my participation in this event, including, but not limited to advertisements of our publicity, or other media accounts pertaining in this event.

Participant's signature: \_\_\_\_\_

Date: \_\_\_\_\_

\*If under 18 years, participant's parent or guardian must sign.