

OFFICIAL ENTRY FORM

2018 iROCK Run 1K and 5K

Saturday, April 14, 2018 – 10:00 AM for 1K and 10:30 for 5K
Cold Spring, MN



Register either by:

1. Register online: <http://irockrun.zapevent.com> Or
2. Fill the below information out and mail it in.

Last Name: _____	Street Address: _____
First Name: _____	City, State, Zip: _____
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Phone: _____
Date of Birth: _____	Email: _____
Race day age: _____	Team/Club: _____

Please complete the following registration information:

Category:

- 19 and under 20-29 30-39 40-49 50-59 60-69 70+ 1K Run Run

T-Shirt Size: (circle one) Small Med Large X-Large XX-Large

Youth Size T-Shirt: Small Med Large

Prices:	Early Bird (b4 Mar 1)	Mar 1 to Apr 12	April 13 & 14
5K Individual	\$25.00	\$30.00	\$35.00
1K Fun Run	\$ 8.00	\$12.00	\$12.00

Please send completed form and check to:

Coldspring	Make Checks Payable to:
Attn: iROCK Run 5K	Coldspring – iROCK Run 5K
17482 Granite West RD	Total Amount Enclosed: \$ _____
Cold Spring MN 56320-4578	

Proceeds go to CMMA - Central Minnesota Manufacturers Association

Packet Pickup: April 13 from 12 pm to 4:30 pm at Coldspring Main Office or 9 am day of race

The following iROCK Run-5K Release Waiver must be signed by all participants:

All participants must read carefully before signing waiver and release from liability. As an entrant in the 2018 iROCK Run 5K Run, I assume complete responsibility for any injury to me or damage to my property which may occur during the event or otherwise. I assume all risks associated with, but not limited to: falls, contact with other participants, the affects of the weather, traffic, temperature and course condition. I agree not to hold any representative of Coldspring, nor any organization associated, or volunteer, responsible for said injuries. I also grant permission to Coldspring and other associated organizations to use my name and any photographs, videotapes, motion pictures, recordings or any other record on my participating in this event for any publicity and/or promotional purposes without obligation or liability to me. I understand that the fees are not refundable. Awards and t-shirts will NOT be mailed out after race day. The race will be run rain or shine.

I have read and fully agree to the above.

Signature (Parent/Guardian if Under 18): _____ Date: _____