

# ***LaVerkin City Winter Fest***

## ***5K & 10K Races***

Saturday, December 1<sup>st</sup> 2018

***Run the LaVerkin twist!*** The 10K is an out and back. Starting at the LaVerkin Wanlass Park on 320 N Main Street. Runners will go north on Main Street, make a right onto highway 9, stay on 9 until they reach the LaVerkin Look off road. They will then make a right onto the dirt road and travel for a half of a mile till they reach the aid station, where they will turn around. The first half of this route is challenging, as it is mostly up hill. The second half of the course will be fast paced as it follows the same route back down the hill. The views of Pine Valley and surrounding areas are amazing! All 10K runners must run within the coned areas. The right lane will be coned off for the runners to use. Once the second lane ends, at that point, runners will need to run on the edge of the road or next to the road on the dirt/gravel area.

**OR**

***Run the 5K*** race, this is a quiet and peaceful run that loops around the east side of LaVerkin. Enjoy the views of Pine Valley Mountains and surrounding areas. Walkers are welcome.

All 5K & 10K participants must sign a waiver.

Kick off the race with a treasure hunt in the park. Come and search for treasures from our amazing sponsors. For more information contact Jeannie Willard 435-669-4208 or [Jeannieanddale@aol.com](mailto:Jeannieanddale@aol.com).

### **Registration Information**

To register online, go to

<https://www.runnercard.com/roadrace/public/raceGroup/976351> or Register in person at the LaVerkin City office, 435 North Main.

### **Registration Fee**

through November 16<sup>th</sup> 5K is \$20 10K is \$25

November 17<sup>th</sup> through December 1<sup>st</sup> 5K is \$25 10K is \$30

Shirts are not guaranteed after November 16<sup>th</sup>

### **Location and Time**

Races start at the LaVerkin City Wanlass Park, 320 North Main Street. Treasure hunt (for runners only) 8:15a.m. Zumba Warm up 8:30a.m. 5K & 10K races starts at 9:00a.m.

### **Packet Pickup**

November 30<sup>th</sup> from 5-7:30p.m. at the LaVerkin City Office or December 1<sup>st</sup> at 7:30a.m. at the LaVerkin City Wanlass Park

# LaVerkin City Winter Fest 5K & 10K races registration form

Saturday, December 1<sup>st</sup> 2018

Name \_\_\_\_\_ Gender **M** **F**

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone Number \_\_\_\_\_

Email \_\_\_\_\_

Birthdate \_\_\_\_\_ Age on race day \_\_\_\_\_

Race (check one) 5K \_\_\_ 10K \_\_\_

Please choose shirt size: **Youth** XS 2-4 S 6-8 M 10-12 L 14-16 XL 18-20

**Womens** XS S M L XL 2X **Mens** S M L XL 2X 3X

I hereby waive and release all claim for damages I may have against LaVerkin City, LaVerkin City Winter Fest and Committees, Washington County and the State of Utah that I may receive while participating in the LaVerkin City Winter Fest Race. I also attest that I am physically fit and able to participate in this event.

Signature \_\_\_\_\_

## Office use only:

Bib# \_\_\_\_\_ Date Registration Recieved \_\_\_\_\_ Amount enclosed \$ \_\_\_\_\_



**Form Instructions per Utah Administrative Code R920-4:**

1. All event participants must complete this form (including the event organizer/permittee).
2. Form completion is **not required** for qualified First Amendment assembly/free speech events.
3. The event organizer/permittee must retain all completed forms for 12 months after the event and produce a copy of all completed forms for review if requested by the Department.

<b>Event Name:</b>	La Verkin City Winter Fest 5/10K Race
<b>Event Date</b>	Saturday December 1st, 2018

Each of us individually (and/or as parent and/or guardian of the named minor) do hereby release, remise, waive and forever discharge the State of Utah, the Utah Department of Transportation, the Utah Transportation Commission, the Utah Highway Patrol, and their officers, agents, and employees from all liability, claims, demands, actions or causes of action whatsoever arising out of or related to loss, or damages and/or injuries, including death, which may result from my participation in the above named event involving roads within the state of Utah:

<b>Print Name:</b>	
<b>Sign Name:</b>	
<b>Parent Signature (if under 18)</b>	
<b>Date:</b>	

