

USA Days 5K Run/1 Mile Walk

Thank you for considering the Annual USA Days 5k Run/1 Mile Walk! This event was established in 2008 to enhance the local activities associated with USA Days in Fairfax. This run is a favorite of the participants, giving them a chance to prepare for the local 4th of July race.

After the race, massage therapists from **The MAC** will be available for a complimentary massage! There will also be plenty of refreshments and **Door Prizes** to go around! To satisfy the bigger appetites, join the American Legion next door for their Annual Pancake Breakfast.

Fidelitas Masonic Lodge has been a member of the Fairfax community for over 135 years. Masons belong to the oldest and most honorable fraternity known to man! They are men of good character and moral lives who strive to improve themselves and make their world a better place, starting at home. The Masons of North America contribute over \$2 million per day to charitable causes!! This philanthropy represents an unparalleled example of the humanitarian commitment of this great and honorable fraternity. Thank you for helping us at Fidelitas Lodge in Fairfax add to that total.

DOOR PRIZES! DOOR PRIZES!! All participants are automatically eligible for door prizes to be drawn after the race, featuring gear and memberships to *The MAC*, Certificates to *Massage Therapy, Running Wild* and more!!!

Massages!! Physiotherapy!! FREE!!

Massage and Physiotherapists will be on hand to give each participant a FREE consultation after the race....don't miss this.

ANNUAL USA DAYS 5K Registration

Name: _____

Address (street): _____

Address (City, State, ZIP): _____

Gender: _____ Phone: _____

Email: _____

Age on Race Day: _____ Shirt Size: S M L XL

Entry Fee	<u>Before Race Day</u>	\$20	Shirt Guarantee on Race Day
	<u>Day of Race</u>	\$25	
NO REFUNDS			

Checks should be made payable to Fidelitas Lodge:

Mail to: Fidelitas Lodge
PO Box 90
Fairfax, IA 52228

Read and Sign: Parent or Guardian must sign if under 18

Disclaimer: In consideration of your acceptance of this entry, I for myself, my heirs, my executors and administrators and assignees, forever release and discharge any rights, demands, claims for damages, and callers of suit or action, known or unknown, that I may have against the City of Fairfax, Linn County, Fidelitas Lodge #364, A.F. & A.M., USA Days and all participating sponsors and the directors, officers, employees, and agents of such parties, for any and all injuries resulting from my participation in the USA Days 5k Charity Run, that I assume those expenses in the event of an accident, illness, or other incapacity regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this event. I release the rights to any and all photographic materials and computer information the race committee may release from this event without obligation to me.

Signed: _____

Dated: _____