

## Harvest 5K Walk/Run

Harvesting healthy food for Mower County food shelves!

**Saturday, September 15, 2018 • 9 a.m.**

Municipal Pool Parking Lot  
600 Main Street N., Austin, MN

### Entry Fee

\$20 pre-registration 12 and older

- \$25 day of the event

\$10 pre-registration for kids under 12

- \$15 day of the event

+ healthy food donation to stock the food shelf (bring food donation the day of event)

Proceeds beyond cost of 5k will go directly to county food shelves and food donations day of race will benefit area food shelves.

All Registered Participants Receive:

- T-shirt\*

### Registration:

Register at front desk at YMCA of Austin by Monday, Sept. 10, 2018, or 8 to 8:30 a.m. the day of event.

\*Please note, pre-registration guarantees t-shirt.

### Community Partners:

- YMCA of Austin, MN
- Vision2020
- Mayo Clinic Health System
- Salvation Army

[mowerrefreshed.org](http://mowerrefreshed.org)

## Harvest 5K Walk/Run Race Registration

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP Code \_\_\_\_\_

Email \_\_\_\_\_

Shirt size: Adult- S M L XL 2XL

Youth- S M L XL

Age: \_\_\_\_\_

Gender: Male Female

Make payment to: YMCA of Austin

Emergency Contact Name

\_\_\_\_\_

Emergency Contact Number

\_\_\_\_\_

### Participation Waiver:

In consideration of the entry, I release for myself and my heirs, Mower Refreshed, its officers and volunteers, the City of Austin, and any sponsors and all officials and volunteers of this race, from all claims, demands, liabilities, damages, or causes of action, of any nature, including claims for death, injury, or illness, arising out of participation in the Harvest 5K Run/Walk. I state that I have trained and I am in proper physical condition to participate in this event. I hereby grant, full permission to use my name and any photographs, videotapes, or other record of this event for any purpose. I also understand that bicycles, skateboards, roller skates or blades, or animals are NOT ALLOWED in the race and I will abide by these guidelines.

Participant Signature

\_\_\_\_\_