



**2019 'Run The Rock' Geode Challenge Registration Form
Saturday June 22nd Geode State Park**

First Name _____

Last Name _____

Email Address _____

Home Phone _____

Cell Phone _____

Gender Male ___ Female ___

Event 5K Trail Run___ 7.5 mile Lake Loop Trail Run___ 7.5 mile Lake Loop Ruck Run___

T-Shirt Size (select one) X Small___ Small___ Med___ Lg___ XL___ XXL___

Registration Fee: \$25 before May 22nd ___ \$30 May 22nd – June 21st ___
(\$35 day of race)

Please mail this registration form along with your check or money order to:

Friends of Geode/Challenge

PO Box 156

New London, IA 52645

One form per entrant. ***Please retain a copy and bring with you on race day.*** Races begin at 8am rain or shine. Entry fee is non-refundable. Registration June 22nd 6:30am - 7:30am beach shelter area at Geode State Park. Ruck run requires a 35lb min. pack. All Entrants receive T-Shirt. Medals awarded to the top three male and female finishers in each race. All finishers receive a participation medal.

All proceeds go towards the Concession Renovation Project at Geode State Park.

Waiver: I Know running a road race is potentially dangerous activity and I should not enter unless I am medically able and properly trained. I assume all risks associated with running this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled on my behalf, waive and release the Iowa Department of Natural Resources, Friends of Geode State Park, it's race volunteers, sponsors, and employees from any claims and liabilities of any kind arising by my participation in this event.

Signature (if under 18 parent or guardian) _____ Date _____

Questions? Email: info@friendsofgeode.org

Thank you very much for your support of the **Friends of Geode**
and we look forward to seeing you on race day!