



Channel Your Flannel 5K

When: Saturday, August 6, 2016

Registration: 7:30 am & Run begins at 8 am

Register by Friday, July 25 to guarantee your shirt on race day

Cost: \$20-Adults 19 & older

OR

\$13- Kids 18 & younger

Make checks payable to Cantril Dayz

To get registered fill out form below and mail to:

Cantril Dayz
c/o Cathy Ferrel
108 Brown St
Cantril, IA 52542

Questions? Call or text Cathy 641-919-3352

Name: _____ Email Address: _____

Address: _____

Shirt size: Adult Sm ___ Med ___ Lg ___ XL ___ 2XL ___ 3XL ___ Youth: XS ___ Sm ___ Med ___ Lg ___

By signing this waiver, you acknowledge that the City of Cantril, Cantril Grass Roots, and any and all individuals and groups involved in this event are not liable for any injury or adverse event that occurs during or as a result of the walk/run.

Signature: _____

Date: _____