

Saturday, July 18 2009

1st Lyon County Relay for Life 5K
Proceeds will go to the
Schwan's Food Service Relay for Life team.

**RACE STARTS AT 8:30A.M.
AT INDEPENDENCE PARK
MARSHALL, MN**

For more information contact: Heidi Demuth (507)829-6131 heidi.demuth@sdstate.edu
Or Kyle Nickles (605)351-4005 kyle.nickles@yahoo.com http://www.geocities.com/heidi_demuth/

I wish to participate in the 2009 Relay for Life 5K to be held in Marshall, MN on Saturday, July 18th 2009 at 8:30a.m. Enclosed in my non-refundable \$15 entry fee (\$18 after July 8th).

Name _____

Address _____

City/State/Zip _____

Telephone _____ E-mail Address _____

Male or Female _____ Birthday _____ Age (on race day) _____

T-shirt size (Adult sizes) XS S M L XL XXL

Checks should be made payable to **Relay for Life**. Pre-registration deadline is July 8th, 2009.

Liability Waiver

I hereby release all race sponsors, hosts, volunteers, officials and Relay for Life from all claims directly or indirectly arising from any participation in the 2009 Relay for Life 5K Road Race. I further certify that I have full knowledge of the risks involved in this event and that my name may be used on the website or a newsletter.

Signature _____

(Must be signed by a parent if participant is under 18)

Mail Entries To:

Relay for Life 5K

Heidi Demuth

918 Roberts Avenue Apt #9

Brookings, SD 57006

I am unable to participate in the 2009 Relay for Life 5K,
but would like to support Lyon County Relay for Life.
Please accept my enclosed donation of \$_____