

# EAGLE'S NEST ICE ARENA NEST FEST VERONA, WISCONSIN

Hosted by:

ICE Inc., Southwest Youth Hockey, Ice Spirit Girls Hockey, Verona HS Hockey, & Dane County Learn to Skate

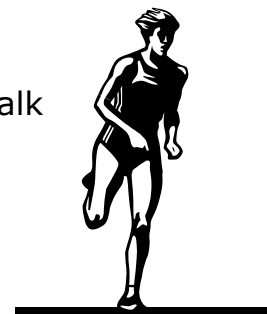
## 5K Run/Walk & 1 Mile Kids' Run

**When:** Sunday, August 21<sup>st</sup> 2011  
8:30am Registration/Check-in  
10am is Kids Runs, 10:30am is 5K Run/Walk

**Where:** Eagles Nest Ice Arena- Verona, WI

**Format:** Chip Timed 5K Race (4 age groups M/W)  
Kids' run is for ages 12 and Under

**Cost:** \$10-Kids Runner  
\$20-5K Runner/Walker (Pre-Registration before August 15<sup>th</sup>)  
\$25 Walk-up Race Day Registration



**Included:** Gift bag, T-Shirt, Free beverage after race.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Shirt Size (Check One): S  / M  / L  / XL  / XXL  Gender: M  / F  Age: \_\_\_\_\_

Amount Paid:  \$10 Kid Runner  \$20 Pre-Registration  \$25 Race Day Registration

RACE WAIVER: I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race, including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and humidity, traffic, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless Eagles Nest Ice Arena, the race organizer, all other sponsors, and all the agents, employees, officers, directors and volunteers working for those entities from all claims and liabilities of any kind arising out of or related to my participation in this race.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Parent/Guardian if under 18)

Please submit form with check made payable to:

**NEST FEST**  
C/O Run-Walk  
103 Lincoln St, Verona, WI 53593

Register Online @ [www.nestfest.org](http://www.nestfest.org)

For further details, contact: Peter Johnson @ 608-845-7465 or Mike Obrien @ 608-698-5665