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**Saturday, October 5, 2024**

- Early registration for 5K run/walk (must be before September 18th<sup>t</sup>) - \$25.00
- Registration for 5K run/walk (after September 18th and on day of race) - \$30.00
- Registration day-of-race starts at 7:30 a.m.
- Event starts at 9:00a.m
- First 100 participants will receive an Apple Fun Run/Walk item with Registration. (virtual with no ability to pick up locally will receive a different item.)
- All participants are entered to win valuable drawings at the completion of the run/walk(s). Must be present to win.
- Make checks payable to OASC (do not mail checks after September 20th).
- One person per registration form, please.

Name (first, last): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Amount Paid: \_\_\_\_\_ Please make sure to make checks payable to OASC/Onalaska Alliance

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Please mail registration to: Jessica Sturza

Attn. Apple Run/Walk

PO BOX 634

Onalaska, WA 98570

Other contact information: Text (360) 880-8963 / Email [apple.fun.run@gmail.com](mailto:apple.fun.run@gmail.com)

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being know and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry to participate in the Apple 5K, or 1 mile walk, I intend to be legally bound, do hereby for myself, my heirs, my executors, and administrators agree to my full responsibility in this activity.