

# PLWC May Day 5K

**3.1 Mile Road Race**

**Date: Sat. May 7, 2022**

**Time: Registration at 8AM,  
Race Starts at 9AM**

**Where: Prairie Lakes Wellness Center**

**Entry fees:**

- \$30.00 for adults
- \$20.00 for kids 17 & under
- \$75.00 for families (immediate members only)

**Pre-registration deadline is April 29th.  
\$10.00 late fee after April 29th**

**Race Shirt to all participants.  
Refreshments and Awards following the Race.**

**Race Divisions:**

**14 & under, 15-19, 20-29, 30-39,  
40-49, 50-59, 60 & over**

**For more information or to register:**

**Call PLWC -605-882-6250**

**Or**

**Sign up online-  
www.plwc.life/signup**



**Waiver:** In consideration of your acceptance of this entry, I hereby, for myself, my heir, executors, administrators, waive any and all rights and claims for damages I may have against individuals associated with this event. It's agents, representatives, successors and assigns, for any and all injuries by me in said event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event. I also give permission for the free use of my name and picture in any broadcast, telecast, or print media account of this event.

**Mail form and entry fee to:**

Name \_\_\_\_\_

Race: **5 K**

E-Mail Address (please write legibly) \_\_\_\_\_

Phone \_\_\_\_\_

T-shirt Size: S M L XL

Sex \_\_\_\_\_ Age on race day \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian if under 18 years of age. \_\_\_\_\_ Date \_\_\_\_\_

Prairie Lakes Wellness Center  
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Watertown, SD 57201

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