

**4<sup>th</sup> Annual Heart of Montana Farm in the Dell**

**Biathlon (10K Bike and 5K Run)**

**Or a 5K Fun Run/Walk**

**VIRTUAL OPTION! "Support the Farm and run/bike anytime"**

**Race Day: Saturday, August 7, 2021 Race starts at 8:30 a.m. @ Lewistown**

**Registration:** A) Forms received by 7/19/2021 (Monday) will be guaranteed a T-shirt or Hat on race day.  
B) Race-day packet pick up & late registration, will be from 6:30 – 7:30 a.m. at the Frank Day Park, Lewistown, MT

**Entry Fee:** Biathlon (10K Bike Ride and 5K Run) \$25.00 for Individual this includes T-shirt or hat  
\$45.00 for Biathlon Team (2 people) this includes T-shirts or hats  
5K Run Run/Walk \$25.00 for Individual this includes a T-shirt or hat  
\$15.00 per person without a T-shirt for either race (Biathlon or 5K fun Run/Walk)

**Late Registration after 7/19/2021:** Late registration not guaranteed a T-Shirt or Hat; \$30.00 Individual and \$50.00 Team

**Start Time: 8:30 a.m. Biathlon (10K Bike and 5K Run) and 5K Fun Run/Walk @ Frank Day Park, Lewistown, MT**

**Awards:** Biathlon (Individual and Team) The top 3 finishers will receive medals  
5K Fun Run/Walk The top 3 finishers will receive medals

**Information and Mailing:**

Heart of Montana Farm in the Dell  
PO Box 455  
Lewistown, MT 59457

Phone: 406/366-0602  
Email: [kpattenfarmindell@gmail.com](mailto:kpattenfarmindell@gmail.com)  
Website: [www.homfarminthedell.com](http://www.homfarminthedell.com)

**Make checks Payable to:** Heart of Montana Farm in the Dell

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Registration Form-Online @ [www.homfarminthedell.com](http://www.homfarminthedell.com)

Name (please print) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_

Biathlon [ ] (10K bike ride and 5K run) All Ages Individual [ ] Team [ ]

Members on team \_\_\_\_\_ and \_\_\_\_\_

5K Fun Run/Walk (5K run/walk) [ ] All Ages

Decline the T-shirt or Hat Yes or No Accept: ( ) Hat OR ( ) T-Shirt

Shirt Size: Youth Small { } Youth Medium { } Adult Small { } Adult Medium { }  
Adult Large { } Adult X-Large { } Adult XX-Large { }

Payment Enclosed: \$ \_\_\_\_\_ Check #: \_\_\_\_\_

**Release:** "I hereby release the Heart of Montana Farm in the Dell, it's sponsors, and volunteers from any and all liability, including all medical claims which may arise from my participation in this event." \*\*Due to liability and safety hazards, Please No Pets\*\*

If under 18 years of age, please have a parent or guardian sign this waiver:

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