



5th Annual Heart of Montana Farm in the Dell Biathlon (as a team or individual) & Fun Run Registration Form

Saturday, August 13th • 8:30am
Frank Day Park

Join us for our 5th annual 10k bike ride & 5k run Biathlon (team of 2 or individual) or a 5k Fun Run / Walk with proceeds going to benefit your local Heart of Montana Farm in the Dell; a non-profit whose mission is to provide a lifelong home for individuals with developmental disabilities to live and work in an agricultural setting!

It's fun for the whole family - all are welcome to race! Please note, registration may be done via this registration form or online at www.runsignup.com/Race/MT/Lewistown/HOMFarmintheDellAnnualFunRun. Race-day packet pickup & late registration will be from 6:30-7:30am. Can't be there on race day, you can still support the farm & participate virtually!

Medals will be awarded to the top 3 finishers in each Biathlon (team & individual) & Fun Run categories!

Entry Fees:

Biathlon \$30 for individual includes a t-shirt or hat • \$50 for a team of 2 people includes t-shirts or hats • \$20 per person without a t-shirt or hat

Fun Run \$30 for individual includes t-shirt or hat • \$20 for individual without a t-shirt or hat

Mail the registration form below & payment of cash or check (made out to "Heart of Montana Farm in the Dell") by **Monday, July 25th** in order to be guaranteed a race t-shirt or hat to:

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

For any questions, please call (406) 366-0602 or email dreddishfarmindell@gmail.com.

Participant's Name (please print): _____

Address: _____

Phone #: _____ **Email:** _____

- Participating in the all-ages 10k bike & 5k run Biathlon : individual or 2-person team
Team members: _____ & _____
- Participating in the all-ages 5k Fun Run / Walk
- Include t-shirt or hat
T-shirt size: youth sm youth med adult sm adult med adult lg adult x-lg adult xx-lg
- Decline the t-shirt or hat
- Enclosed payment amount: _____ Payment of cash or check & check #: _____

Release: *"I hereby release the Heart of Montana Farm in the Dell, its 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:** _____

Thank you for participating in our annual fundraiser event, we look forward to seeing you on race day!