

Upsala Heritage 5K Run/Walk



Registration Form

August 9, 2025

Each participant must fill out a separate registration form.

Name _____
Address _____
City/State/Zip Code _____
Phone _____ Sex _____ Age _____
Email Address _____

5K Run/Walk (3.1 miles)

- ☐ Register by July 24th - \$20.00 fee (FREE T-shirt)
☐ Register after July 24th - \$25.00 fee

T-shirts guaranteed to all PRE-REGISTERED runners/walkers.

Please circle your T-shirt size: S M L XL XXL Child: 10-12 or 14-16

Waiver: In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors, and administrators, do hereby release any and all sponsors of this race and their representatives, successors and assigns, from any and all liability arising from illness and injuries I may suffer as a result of my participation in this race. I attest and certify that I am physically fit and have sufficiently trained for the completion of this race. I also understand and agree that any sponsor may subsequently use for publicity of promotional purposes my name and photograph, videotape, motion pictures and recordings of me participating in this event without obligation or liability to me. I also understand that entry fees I pay are not refundable. I have read the foregoing and certify my agreement by my signature below.

Signature

Date

Parent or Co-Signature if under 18

Date

Make check payable to UBA

Please mail registration form & check to: Lange Oil, Inc.

P.O. Box 129

Upsala, MN 56384