



COME JOIN US !!! This 5k run/walk, at the beautiful Lake Kakusha property, will be held in memory of James Dankenbring. The course is a fast, all terrain trail that circles the lake. The property is well maintained, established grass trails through wooded and prairie lots. The course will be well marked and equipped with water stations at miles 1 & 2. Race will be held rain, mud, or shine. In case of severe weather cancellation, we thank you for your donation.

Date: Sunday May 1, 2016

Location: Lake Kakusha - Mendota, IL

Checks Payable to: James Dankenbring Scholarship Fund-MHS

Mail To: 726 N 38th Rd. Mendota, IL 61342

*****Registration form must be received by April 15, 2016 to guarantee a T-shirt*****

5K Age Groups (Male/Female): 13/under,14-19,20-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65+
Prizes to Male/Female Overall Winner and 1st, 2nd, and 3rd in each age group.

OPTIONAL: Participants pre-registered by April 24th may pick up their race day materials between 1:00 and 3:00pm on Saturday April 30th at First United Methodist Church, 100 6th St Mendota, IL.

Please fill out COMPLETELY

Name: _____ **Age:** _____ **DOB:** _____ **Gender:** M / F

Address: _____ **City/State:** _____ **Zip:** _____

Phone #: _____ **Email Address:** _____

Please Circle: 5K Fun Walk **T-Shirt Size*:** S M L XL XXL **Sweatshirt**(additional \$25) S M L XL XXL XXXL
(*Available on a first come first serve basis after April 15th)

In Consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge the City of Mendota, the James Dankenbring Memorial Association, volunteers, and/or officials, for all claims of damages, demands, actions whatsoever in any manner or growing out of my participation in the James Dankenbring Scholarship 5K.

Participant Signature: _____ **Date:** _____

If under 18, Guardian Signature: _____ **Date:** _____

Emergency Contact Name: _____ **Phone #:** _____

For questions please contact: thethankdank5k@yahoo.com

Visit us online at:
www.thankdank.org

Register online, donate online, get directions, download registration and sponsorship forms and much more!

Everyone on the 5K route must **FULLY** complete registration. There will also be a Fun Walk available as an alternative to the 5K. The fun walk is a shorter, easier trail around Lake Mendota, better suited for strollers and wagons. ***Kids 10 and under are FREE, to participate in the Fun Walk . *Child sized t-shirts are \$10 and order MUST be in by April 15th. Write in on Registration.**

Time: 10:00 am Race starts

Registration/Check In: 8:00-9:45am

Entry Fee: \$20 in Advance, \$25 Race Day

Parking: Mendota Civic Center