

Upon submitting this entry form, I waive any and all rights and claims for myself, heirs and assigns for any personal and/or property damage I may have against the sponsors, organizers, agents, or anyone acting in their behalf for the organization of this event. The entry form will also authorize the release of my name and photo to the media. _____ Signature of Participant or Adult

Name _____
Address _____
Zip _____

Phone _____
Sex: M or F City/State/
Age (as of 7/08/23) _____

T-Shirt Size: Adult S M L XL 2XL 3XL
Child YS YM YL
(Circle one)

Registration Fee: \$10 \$15 \$20
(Circle one)
\$10 per entry fee family group of 4 or more to June 23
\$15 per entry fee to June 23
\$20 per entry fee June 24 to July 8

Email address: _____

Entry fees are payable to Boss Cowman Fun, Run & Walk. Submit completed form to:
Hands on Health, Inc. 601 Main Ave Lemmon, SD 57638 (605) 374-5844

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