



Visit us online at:
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COME CELEBRATE THE 10th & FINAL THANK DANK 5K!!! 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.

Everyone on the 5K route must **FULLY** complete registration. There is also a Fun Walk 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 . *All Fun Walk participants who fully register will receive t-shirt. Registration MUST be in by April 19th.**

Date: Sunday May 5, 2019

Time: 10:00 am Race starts

Location: Lake Kakusha - Mendota, IL

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

Checks Payable to: James Dankenbring Scholarship Fund-MHS

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

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

Parking: Faber Field

*****Registration form must be received by April 19, 2019 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 28th may pick up their race day materials between 1:00 and 3:00pm on Saturday May 4th 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 **Adult T-Shirt Size\*:** S M L XL XXL XXXL **Youth T-Shirt Size:** XS S M L XL  
(\*Available on a first come first serve basis after April 19th)

>>Additional Thank Dank 5K Shirts, Hoodies etc. can be ordered at <https://thankdankapparel.itemorder.com> <<

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](mailto:thethankdank5k@yahoo.com)