



STAPLES RAILROAD DAYS 5K

Powered by Lakewood

★ *All proceeds directly benefit the Staples-Motley Cardinal Track & Field Team* ★

Registration Form

Saturday, August 22, 2026 • Staples Municipal Airport, 1707 Airport Road, Staples, MN 56479

The course includes asphalt, sidewalks, and dirt trails — please plan accordingly.

PARTICIPANT INFORMATION

Full Name		Date of Birth	
Mailing Address			
City		State	ZIP Code
Phone	Email	Gender (M / F)	
Emergency Contact Name		Emergency Contact Phone	

SELECT YOUR EVENT

	Event	Start Time	Fee
☐	Staples Railroad Days 5K <i>Race-day registration adds \$10</i>	7:15 – 8:30 AM CDT	\$25.00
☐	Staples Railroad Days Kids Fun Run	7:00 – 7:10 AM CDT	\$5.00

Registration closes August 19. Total amount enclosed: \$_____

WAIVER & RELEASE OF LIABILITY

In consideration of my entry being accepted, I certify that I am physically fit and have sufficiently trained for participation in this event. I acknowledge that running and volunteering in a road race is a potentially hazardous activity, and I assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effects of weather, and course conditions. Having read this waiver and knowing these facts, I, for myself and anyone entitled to act on my behalf, waive and release the event organizers, the Staples-Motley Cardinal Track & Field Team, sponsors, volunteers, and the City of Staples from all claims and liabilities of any kind arising out of my participation in this event.

Signature	Date
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Parent/Guardian Signature (required if participant is under 18)

Mail or drop off this completed form with payment to:

Timberlake Hotel • 1212 Second Ave NE, Staples, MN 56479

For more race information please visit: discoverstaples.com/railroad-days or scan the QR code

