

Sergeant Bluff Pioneer Valley Days

5K Fun Run/Walk

Walkers encouraged to participate!!!!!!!

Saturday, August 9th 2008

Sign in 7:45 – 8:15am

Start Time 8:30am

Name _____ Sex: Male or Female

Mailing Address _____

City _____ State _____ Zip _____

Daytime Telephone Number _____ Age on 8-9-08 _____

Race Fee: \$10.00/person postmarked by August 2nd
\$15.00/person after August 2nd

CIRCLE ONE

Youth M 10-12

Youth L 14-16

Adult S

Adult M

Adult L

Adult XL

Adult XXL

Sign in at the Shelter House at Bluffs Complex (next to the walking trail at Bluff's Center)

Race will begin at 8:30am at the Bluff's Complex Walking Trail.

AWARDS: Each participant will receive a finish certificate with time
5K Run- 19 and under, 20-29, 30-39, 40-49, 50-59, 60 & over

Each participant will receive a T-shirt. (post deadline registrants are not guaranteed)

Contact Liz at 943-3785 or mail this form to: (same day registration will be accepted)

Liz Borkowski
807 Glenwood Ct
Sgt. Bluff, Iowa 51054

The undersigned acknowledges that the Sgt. Bluff Pioneer Valley Fun Runs are voluntary and that I am voluntary participating. I hereby release the City of Sgt. Bluff, its officers, volunteers, race officials, and sponsors from any claims, demands, or causes of action of every nature which arise out of or are connected to the Sgt. Bluff Pioneer Valley Days Fun Runs and Events.

The undersigned agrees that the above-mentioned parties shall be held harmless in the events of an accident causing damages or loss of property of injury to the undersigned. I have read the foregoing Release, understand its terms, and voluntarily sign the same.

(Signature)

(Date)

(Signature of parent/guardian if runner is under 18)