

WHEN:

Saturday , August 10th, 2019
 6:45am– Packet Pick Up
 7:30am– 5K Start Time

WHERE:

Sergeant Bluff Recreation Complex
 910 Topaz Dr.
 Sergeant Bluff, IA 51054

**5K AGE GROUPS:
 Male/Female**

19 & U	20-24
25-29	30-34
35-39	40-44
45-49	50-54
55-59	60 & over

Age group winners will receive PVD Medals for 1st, 2nd, & 3rd place runners

5K SPECIAL FINISHER

Mr. or Mrs. AVERAGE- \$25.00 Cash Prize

5K HISTORY

2008– 104 runners	2009– 89 runners
2010– 110 runners	2011– 108 runners
2012– 114 runners	2013– 106 runners
2014– 109 runners	2015– 105 runners

COURSE

The PVD 5K Run/Walk course is a flat, accurate course starting at the Sergeant Bluff Recreation Complex and ending on the Sergeant Floyd Trail in the Sergeant Bluff Recreation Complex in front of the Sergeant Bluff outdoor pool.

PARTICIPANTS RECEIVE

- **2019 PVD RACE SHIRT**
- Post-Race Refreshments
- Name entered for gift certificate

COSTS

Entries postmarked by July 26th, 2019:
 \$20.00– 5K Fun Run/Walk

Entries postmarked after July 26th, 2019:
 \$25.00– 5K Fun Run/Walk

**RACE DAY REGISTRATION ALLOWED
 BUT RUNNERS ARE NOT GUARANTEED A SHIRT**

Make checks payable to:
 Sergeant Bluff Community Action Team
 Mail completed application to:
 City of Sergeant Bluff
 401 4th St- PO Box 703
 Sergeant Bluff, IA 51054

RACE PACKET PICK UP

Pre Race Day– August 9, 2019– Sergeant Bluff Community Center–
 903 Topaz Dr from 12:00pm-5:00pm
 Race Day– August 10, 2019
 Sergeant Bluff Recreation Complex–
 910 Topaz Dr- 7:45 am–8:45 am

FOR MORE INFORMATION CALL

Brent Brown– 712-943-5800
 Race Director-5K Fun Run/Walk &
Brent@cityofsergeantbluff.com

All proceeds from this event will go to the Community Action Team for improvements to the community.

Visit us:

www.cityofsergeantbluff.com

2018 PIONEER VALLEY DAYS FUN RUN/WALK ENTRY FORM

Name _____ Birthdate _____
 Mailing Address: _____ Age on Race Day _____
 Phone _____ T-Shirt (circle one) 10-12, 14-16, S, M, L, XL, XXL
 E-Mail Address: _____ Club or Affiliation _____
 Zip _____

PLEASE CHECK ONE: 5K Run 5K Walk
RELEASE OF LIABILITY

I know that running or walking in a road race is potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I further agree not to run with any earphone headsets on. I understand that insurance regulations prohibit wheeled vehicles, excluding wheelchairs, but including bicycles, skateboards etc. I assume all risks associated with running or walking in the event included, but not limited to: falls, contact with other participants; the effects of the weather, including high heat and/or humidity, traffic and the condition of the road, all such risks being known and appreciated by me. I understand that the organizers and sponsors of this activity are not liable for any injury resulting from my participation. Having read this waiver and knowing these facts and in consideration of my voluntary participation, I, for myself, and anyone acting on my behalf, waive and release the City of Sergeant Bluff, Sergeant Bluff Community Action Team and all sponsors, representatives, or others involved, for any and all present and future claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of ordinary negligence or carelessness on the part of the City or any of its employees, the Sergeant Bluff Community Action Team and all sponsors, representatives or others involved. I further agree not to sue and will hold harmless the organizers and sponsors of this activity. This release is intended to be as broad and inclusive as the laws of the State of Iowa permit. Any dispute arising from this agreement or my participation shall be brought in Woodbury County, Iowa. If any portion of this release is held invalid, the remaining terms shall not be affected. **CAUTION: THIS IS A RELEASE -- READ BEFORE SIGNING!**

Signature _____ Date _____
 Parent's signature _____ Date _____
 *Required if participant is under 18 years of age

Make checks payable to: Community Action Team, 401 4th St-PO Box 703, Sergeant Bluff, IA 51054

**44th Annual
Pioneer
Valley Days
5K FUN RUN
& WALK**

SPONSORED BY:

SERGEANT BLUFF EYE CARE

**AUGUST 10,
2019**

PRE-REGISTRATION

6:30 A.M.

RACE STARTS AT

7:30 A.M.

**Pioneer Valley Day 5K Run/Walk
Community Action Team
401 4th Street—PO Box 703
Sergeant Bluff, IA 51054**