

Veteran Freedom 5k Walk/Run & 1 mile Walk

Saturday November 12, 2011, 10:00 am

Race Information:

*Race will start & finish on the East side of the Memorial Hall, 120 N Jefferson St, Sigourney, IA. 52591; route available early upon request, call Cherie @ 641-226-2474 /

cherbear_mp@hotmail.com or Amanda @ 641-622-2381 / alvansteenwyk@gmail.com

*Prizes will be given to overall male and female finishers. Prizes will also be given to top 5K finisher in the 10 and under age group. Must be present to win.

*T-shirts will be guaranteed for all participants that register by October 15th.

Registration by October 15th is \$15.00; after Oct 15th \$20.00, and race day \$25.00. Race day registration is from 8:30am to 9:45am. Race packets will be available for early pickup on Friday, November 11th from 9:00am to 5:00pm at Mid West One Bank in Sigourney otherwise available race day at Memorial Hall.

***Please fill out the following form, sign the waiver, and mail to:**

Veteran Freedom 5k Walk/Run

Attn: Cherie Henningsen

709 W Skillman St Sigourney IA 52591

Or deliver to : Cherie @ Keokuk County State Bank / Amanda Van Steenwyk @ MidWestOne Bank

Make checks payable to: VFW Post #2308 (memo: 5k Walk/Run)

****All profits go towards Soldier/Veteran support and memorials****

Circle one: 5K Walk/Run 1 mile Walk

Where You Have the Right to B - FIT
FitnessSports
2230 University Ave., Windsor Heights, IA 52594
915/277-4786, Fax 615/277-3864 or 800/529-7664

First and Last Name

Additional t-shirts may be available for purchase on race day.

Address, City, State, ZIP

Form downloaded at
www.fitnesssports.com

Phone Number and **Email Address**

T- Shirt Size: S M L XL

Age (on Race Day)

M/F

\$15.00 until October 15th

\$20.00 after October 15th

I, the undersigned, have freely and voluntarily elected (and/or allow my child or children) to participate in the Veteran 5K Walk/Run & 1 mile Walk on November 12, 2011. I/we understand that I/we am under no obligation whatsoever to participate in this activity nor have I/we been coerced or otherwise persuaded against my/our will to participate. I (and/or my child/children) further declare that I/we are of proper health and physical condition to participate in this potentially vigorous activity. In consideration of my (or my child/ children's') participation in the Veteran 5K Walk/Run & 1 mile Walk, I release, acquit, and forever hold harmless the city of Sigourney, race sponsors, workers, and volunteers and their affiliates, successors and distributors for claims, actions, losses, damages, or expenses for personal or bodily damage and property loss or damages incurred by me arising out of or in connection with my (or my child/children's) participation in this event. I hereby grant permission to the parties listed herein to use my name photographs, videotapes, motion pictures, recordings or any other record of my participation in this event for any purpose. I have read the foregoing and am of legal age to consent to the waiver and have trained to the best of my ability for this event.

Runner's Signature

Parent/Guardian Signature (if runner is a minor)

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