



Vinton's Tour deLIGHTS

5K

Sunday, December 11, 2011

Registration begins - 4:00 p.m. Race begins - 5:00 p.m.
New location - Fire Station - (2nd Street & 1st Ave)

Name _____	5K Age Div. 1	Mile Fun Run
Address _____	___ 13 & U	___ 13 & U
City _____	___ 14 - 19	
Phone _____ Age Dec. 11th _____	___ 20 - 29	
Email address _____	___ 30 - 39	Gender
	___ 40 - 49	___ Male
	___ 50 - 59	___ Female
	___ 60+	
T-shirt size S M L XL XXL (add \$1)		

**Register
Early!**

5K Fee: Entries received by November 23rd - \$15
 Entries received after 23rd and ALL RACE DAY REGISTRATIONS - \$20.
 Family Discount - 4 or more in family - each member is \$10.
 Awards: Overall Male and Female Medals to 1st, 2nd, 3rd in each male/female age division.



13 & U 14-19 20-29 30-39 40-49 50-59 60+

1 Mile Fun Run: for 13 & Under - no charge, or optional t-shirt for \$15.
 Medals for 1st and 2nd place - boys and girls run together.



Checks Payable to: **Vinton-Shellsburg Cross Country**
 Mail to: Susan Meyer - 6110 22nd Ave - Vinton, Iowa 52349 - susiejq63@yahoo.com

Where You Have the Right to B - FIT
FitnessSports
220 University Ave. Winona, MN 55994
 915.277.4781, Fax 915.277.3854 or 800.629.7654

Waiver: I hereby release the city of Vinton, VSCC and all volunteers/sponsors from responsibility for any illness which may be sustained while I am participating in the Tour deLIGHTS' event. By signing below, I am signifying that I am in proper physical condition to participate in this event. I hereby affirm that I am 18 years of age or older. I have read this document and understand its contents. (Parent or guardian must sign if under 18)

Signature _____