

# Heritage Days

## 5 K Run/Walk and 1 Mile Fun Run

### PLEASE PARK AT MIDDLE SCHOOL!!!!

**WHEN** Saturday July 10,2010  
**TIME** 8:00 a.m. 5K Run/Walk (1 Mile Fun Run 9:00 a.m.)  
**WHERE** Mt Vernon High School  
731 Palisades Road SW, Mount Vernon, IA  
**ENTRY FEE** \$12.00 5K Run/Walk \$8.00 1 Mile Fun Run  
\$15.00 and \$10.00 for entries received after July 4  
(Fee includes T-shirt)  
**REGISTRATION** 7:00 a.m. until race time  
**AGE** Children's 1 Mile Fun Run (Up to age 12)  
Adult 5K Run/Walk –Men & Women's Categories  
**CATEGORIES** 15 & under 16-20 21-29 30-39 40-49 50-59 60 & over

*Prize awarded to the top 3 finishers in each age category.*

**For more information or additional entry blanks, contact Sherry Brayton:**

[rightframemv@iowatelecom.net](mailto:rightframemv@iowatelecom.net) or (319) 895-6372 or (319) 455-2113

Only one entrant per form. Mail to: Mount Vernon Heritage Days 5k Run, PO Box 73, Mt. Vernon, IA 52314.

Form downloaded at [www.FitnessSports.com](http://www.FitnessSports.com)

Name\_\_\_\_\_Age\_\_\_\_\_Male/Female\_\_\_\_\_

Address\_\_\_\_\_City\_\_\_\_\_State\_\_\_\_Zip\_\_\_\_\_

Birthdate\_\_\_\_\_E-Mail Address \_\_\_\_\_

**Shirt Size** (Circle one) *ADULT* Small Medium Large XL XXL *CHILD* Small Medium Large

**Event** (Check one) 5K RUN\_\_\_\_\_ 5K Walk\_\_\_\_\_ 1 Mile Fun Run\_\_\_\_\_

I hereby release the event sponsors and all volunteers from any illness or injury, which may be sustained while participating in the Heritage Days 5K Run/Walk or the 1 Mile Fun Run. By signing below, I am also signifying that I am in proper physical condition to participate in this event.

Participant Signature and Date \_\_\_\_\_

Parent or Guardian if under 18 years of age \_\_\_\_\_

Please make checks payable to **Mount Vernon Heritage Days**