

2016 MVHD 5k run/walk



When: Saturday, July 9, 2016

Where: Mount Vernon High School
731 Palisades Rd SW, Mount Vernon

PLEASE PARK AT THE MOUNT VERNON MIDDLE SCHOOL

5k race time: 8am

Race day registration: 6:30-7:45am

Tshirts will be available while supplies last for race day registration

Entry fee (includes a tshirt): \$20 (\$25 race day registration)

***\$15 for kids 15 & under (\$20 race day registration)**

Prizes to be awarded to the top three overall and to the winner in each division

Age divisions: 11 & under, 12-15, 16-20, 21-29, 30-39, 40-49, 50-59, 60-69 and 70 & over

For more information: Alex Brannaman (alex.brannaman@gmail.com or 319-551-6188)

Entry form and route information can be found at visitmvl.com or on the MVHD 5k Facebook page

REGISTER AND PAY ONLINE AT <http://getmeregistered.com/mvheritagedays5k>

Or, mail your registration form and payment to:

Mount Vernon Heritage Days 5k..PO Box 73..Mount Vernon, IA 52314

Please make checks payable to Mount Vernon Heritage Days

Name _____

Address _____

Phone _____ Email address _____

Male _____ Female _____ Birth date _____

5k run _____ 5k walk _____

Shirt size (please circle one) **ADULT** Small Medium Large XL XXL **YOUTH** Small Medium Large

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. 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