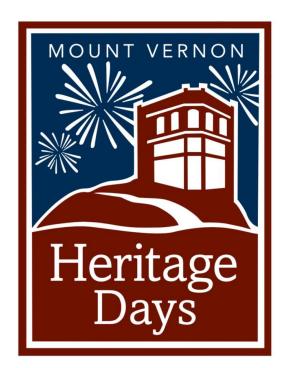
2017 MVHD 5k run/walk



When: Saturday, July 8

Where: Mount Vernon Elementary School

615 5th Ave SW, Mount Vernon

PLEASE PARK IN MOUNT VERNON MIDDLE SCHOOL PARKING LOT

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: 8 & under, 9-11, 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

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