

2019 MVHD 5k run/walk



When: Saturday, July 13

Where: Mount Vernon Elementary School
615 5th Ave SW, Mount Vernon

****PARK AT MOUNT VERNON MIDDLE SCHOOL****

Race time: 8am

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

***tshirts available while supplies last on race day**

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

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 & route info 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

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