



502 Main Street - PO Box 130 Union, IA 50258 Phone 641-486-2211 Fax 641-486-2205

Union Tar Heel Days is right around the corner. We would like to invite you to participate in the 26th Annual 5K Run and Walk. The 5K Run and Walk will be held Saturday, August 5, 2017 in Union, with the Walk beginning at 7:45 a.m. and 5K Run will begin at 8:00 a.m. Walkers Sign-In is from 7:00 a.m. to 7:30 a.m. and Runners Sign-In is from 7:00 a.m. to 7:45 a.m. Both the walk and the run will be on a flat paved course. **NO PETS, PLEASE.**

The age divisions for 5K Run are as follows: **Group 1-** Ages 12 & Under; **Group 2-** Ages 13 - 19; **Group 3-** Ages 20 - 29; **Group 4-** Ages 30 - 39; **Group 5-** Ages 40 - 49; **Group 6-** Ages 50 & over.

Please fill out the registration below, and return it along with the \$15 Entry Fee made payable to Union Tar Heel Run. A t-shirt is included in registration for all runners & walkers. For more information call Lezlie Reel at Heart of Iowa Comm Coop at 641-486-2211 or 1-800-806-4482. **Complete one registration form per person. Your pre-registration guarantees your t-shirt size! Deadline- Thursday, August 3rd.**

- 2017 Union Tar Heel 5K Run & Walk Registration Form -

For Official Use Only

Name _____

Address _____

City _____ State _____ Zip _____

I am Male _____ or Female _____ entering 5K Run _____ or Walk _____

Age day of race... **Group 1-** 12 & Under **Group 2-** 13-19 **Group 3-** 20-29

(please circle group at right)

Group 4- 30-39 **Group 5-** 40-49 **Group 6-** 50 & Over

Size of t-shirt:

S _____ M _____
L _____ XL _____ XXL _____

Youth sizes available-enter "Y" on the line of size requesting

Entry Fee is \$15 Per Entrant—Pre-registration deadline August 3rd

Make checks payable to: Union Tar Heel Run

Send this completed Registration Form and Entry Fee to:

Union Tar Heel Run, PO Box 130, Union, IA 50258-0130

Or email to: lreel@heartofiowa.coop

Check in—Saturday, Aug 5th at Center & Main in Union

Release of Liability

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors, and administrators, waive any and all rights and claims for damages I may have against individuals associated with this event, its agents, representatives, successors and assigns, for any and all injuries suffered by me in said event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signed _____ Date _____

(Parent or guardian must sign if under 18 years of age)