



Mississippi Valley Running Association
25th Annual Heritage Trail Run 5K & 10K
 Saturday May 7, 2016 at 8:00 a.m.
 Heritage Trail, Durango Trail Head on Hwy 52N

PLEASE PRINT CLEARLY TO ENSURE ACCURACY ON THE RACE RESULTS (circle one)

RACE: 10K 5K SHIRT: YS YM YL S M L XL XXL(+32) GENDER: M F

NAME: _____ AGE: _____ DOB: ____/____/____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

EARLY REGISTRATION BY 3/31:
 _____ \$25 MVRA member*
 _____ \$30 Non-member

REGISTRATION STARTING 4/1:
 _____ \$30 MVRA member*
 _____ \$35 Non-member
 _____ \$10 Kids 14 & under

***BECOME A MVRA MEMBER:**
 Receive discounted price on Trail Run and Benefit Classic.
 _____ \$15 Individual Membership
 _____ \$25 Family Membership

AMOUNT ENCLOSED _____
 (Make checks payable to MVRA)

Mail Registration (by April 29)
 MVRA, PO Box 854, Dubuque, IA 52004

Online Registration (by May 5)
 GetMeRegistered.com

Packet Pick-up and Registration
 May 6 from 5-7 p.m. at Spine and Sport

There will be NO race day registration!
 Shirt not guaranteed if registered after April 29.

For additional information go to
 MVRADubuque.com.

WAIVER: In consideration of the foregoing, I, for myself, my heirs, my executors, administrators, and assignees, do hereby waive and refuse any and all rights and claims for damages I may have against the Mississippi Valley Running Association, its officers, directors, agents, and employees, Dubuque County Conservation Board, and Heritage Trail Inc., and any and all participating supporters, for all claims of damages, demands, or actions whatsoever, in any manner arising or stemming from my participation in said race known as MVRA Heritage Trail Run. I attest and verify that I am physically capable and fit, and have sufficiently trained for the completion of this event, and my condition has been verified by a licensed medical doctor.

SIGNATURE: _____ DATE: _____

PARENT SIGNATURE: _____ (required if participant is under 18)

For questions contact:

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