



502 Main Street - PO Box 130

Union, IA 50258

Phone 641-486-2211

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Union Tar Heel Days is right around the corner. We would like to invite you to participate in the 30th Annual 5K Run and Walk. The 5K Run and Walk will be held Saturday, August 7, 2021 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 OR BIKES, PLEASE. This year will be a timed race!**

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 Leslie Dalbec at Heart of Iowa Communications Cooperative at 641-486-2211 or 1-800-806-4482.

Complete one registration form per person.

**Everyone that "Pre-Registers" will be guaranteed a shirt that day!
Deadline is Friday, July 30th.
For those that register the day of the run/walk, we will order shirt size.**

- 2021 Union Tar Heel 5K Run & Walk Registration Form -

Name _____
Address _____
City _____ State _____ Zip _____

For Official Use Only



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 Friday, July 30th

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: ldalbec@heartofiowa.coop

Check in—Saturday, Aug 7th 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)