

# ANNUAL COLUMBUS DAY RUN/WALK

**October 12, 2019 at 8:00 AM**

**Enjoy the annual Columbus Day festivities in scenic Columbus Junction, home of the historic Swinging Bridge. Spend the day and watch one of the best small town parades in Iowa! Shop at the many stores and street vendors, or just come to run and enjoy the morning, running or walking the beautiful shaded streets of our town.**

**What :** 5K Run, 1.5 Mile Fun Walk

**When :** Saturday, October 12, 2019 with both events beginning at 8:00 AM

**Where :** Registration will be held at the Columbus Junction Fire Station, which is located on the east edge of town, 1 block north of Highway 92. Race day registration is from 6:30 -7:45 AM.

**Fees :** 5K Run and 1.5 Mile Fun Walk are both \$20 up to and including race day. You may also register at FitnessSports.com, as well as on the Muscatine Running Club website. For High School Cross Country teams of 4 or more, entry fee is reduced to \$10 per team member. Mail registration form below, with entry fee to : **Brian Cummings, 24569 Highway 92, Columbus Junction, IA 52738.** Make checks payable to Columbus Junction Community Club, as all proceeds benefit Columbus Day activities.

**Columbus Day T-Shirts** for all 5K and Fun Walk participants are guaranteed for those who register **before Oct. 5.**

**Age Groups and Awards :** 14 and Under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and Over. 5K Run trophies to top male and female runners, with medals awarded to top 3 males and females in each age group.

**Questions :** Call Brian Cummings at 319-728-2750 or 319-850-2258; or email at [bd\\_cummings@hotmail.com](mailto:bd_cummings@hotmail.com)

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Name \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ Age (as of 10/12/19) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Event : 5K \_\_\_\_\_ 1.5 Mile Fun Run \_\_\_\_\_ Adult T-Shirt Size : S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

I know that participating in a road race is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event, including, but not limited to, falls, contact with other participants, the effect of the weather, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitles to act on my behalf, waive and release the Swinging Bridge Festival Committee, the City of Columbus Junction, and all participating sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature (of parent or guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_