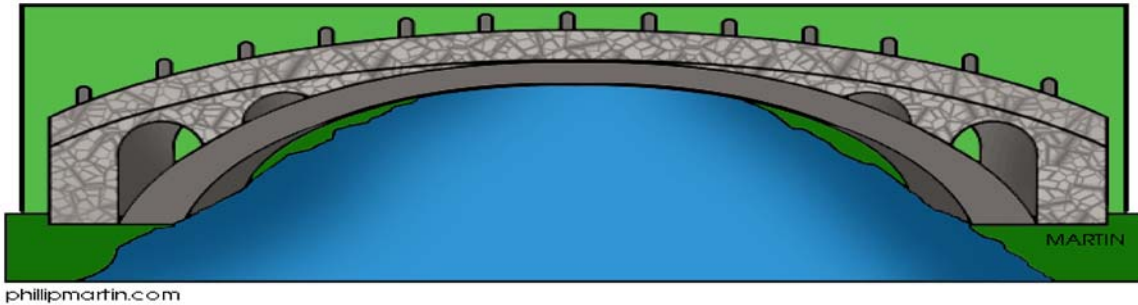


Four Bridges 5K Run/Walk

Saturday, July 1, 2017

Registration begins at 6:15 am and ends at 6:45 am **sharp**/ Race begins at 7:00 am



Course: Race will start and end at McCague/Swimming Pool Park; 614 E. Jackson, Shell Rock

Registration: \$15.00 Adults – Advanced registration/t-shirt guaranteed (before or on June 16th)

\$20.00 per athlete – Race Day registration or after June 16th

\$10.00 14 years and under

Check-In: Check-in at McCague Park beginning at 6:15 a.m.

Awards: Cash prizes for overall male/female; Medals for top 3 runners in each division (14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)

Refreshments: Water and fruit available to all participants after race.

Race Coordinator: [Shannan Meyer/Jennifer Miller](#)

Online registration forms available at: [Online registration](#)

Mail registration form/entry fee to: *Shell Rock City Hall; Atten: Four Bridges Run; 802 N. Public Road, Shell Rock, Iowa 50670*

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Age on day of race: _____ Male _____ Female: _____

T-Shirt size: S M L XL XXL Youth S Youth M Youth L

Amount Paid \$: _____ (Make checks payable to Four Bridges 5K)

Waiver: I know that running in the Four Bridges Run is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risk associated with running in the Four Bridges Run, including, but not limited to falls, contacts with other participants, the effect of the weather, including heat and humidity, traffic and the conditions of the road, all such risk being known and appreciated by me. Having read this waiver and knowing these facts in consideration of your accepting my application I, for myself and anyone entitled to act on my behalf, waive and release the Four Bridges Run/Shell Rock Fourth of July and any and all sponsors and their representatives, supporters and assignees for any and all injuries or liabilities of any kind arising out of my participation in this event though that liability may arise out of negligence or carelessness on the part of the person names in the waiver.

Date: _____ **Signature of Entrant:** _____

Parent Signature (if under 18 yrs. of age): _____