



**The Rock Run 5K Run/Walk**  
**Steamboat Rock, IA**  
**Saturday August 31, 2019**  
**Race Start: 8:00AM**

Entry Fee	Awards	Race Info
<p>\$20 per person</p> <p>Entry deadline: 8/16/19 guaranteed a t-shirt. Late entries and walk-ups are first-come, first-served while supplies last</p>	<p>Overall Male &amp; Female</p> <p>14 &amp; under</p> <p>15 – 19</p> <p>20 – 29</p> <p>30 – 39</p> <p>40 – 49</p> <p>50 – 59</p> <p>60 &amp; up</p> <p>Awards given to top male &amp; female finisher in each division</p>	<p>Race will start at 8:00AM at Washington Square (old schoolhouse)</p> <p>Race and registration will be at 306 Market St. – south side of the square</p> <p>Registration begins at 7:00 AM</p> <p>Refreshments served following the race</p>

The Rock Run 5K is a project of the Steamboat Rock Visionary Group. Proceeds and donations will contribute to the continued development of Washington Square Park.

Mail entry forms to: Steamboat Rock Visionary Group or SRVG ▪ Box 185 ▪ Steamboat Rock, IA 50672 Make entry fee checks payable to SRVG. Race Forms available at [fitnesssports.com/races](http://fitnesssports.com/races) and [www.steamboatrockiowa.com](http://www.steamboatrockiowa.com)

Name \_\_\_\_\_ Age on 8/31/19 : \_\_\_\_\_

Street \_\_\_\_\_

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

Email \_\_\_\_\_

Gender: M F      Shirt Size: S M L XL XXL Youth S M L      I am a: Runner Walker

Release of liability: In consideration of the opportunity to participate in this event, I release all groups and persons, including the city of Steamboat Rock, Iowa officials, sponsors, and volunteers from any and all liability for any injury or damages incurred while participating in said event. I further certify that I am physically fit to participate in the event for which I am registered.

\_\_\_\_\_  
 Signature (parent if under 18)

\_\_\_\_\_  
 Date