

2010 Pump 'N' Run Official Entry Form

July 3rd 2010 *** Dakota Dunes South Dakota *** Event begins at 8 AM

Are you a member of Missouri River Runners? Yes No

First Name: _____ Last Name: _____

Address: _____ City _____

State _____ Zip _____ Phone: _____

Email: _____

Age (on race day) _____ Gender: Male Female

I wish to participate in the:

Pump 'N' Run 5K 5K Open Run/Walk 1/2 Mile Kid's Run (FREE)

Each Kid's Run participant will receive a medal for participation (Must be 12 or under).

T-shirt size (please circle one): S M L XL XXL

Late registrants are not guaranteed a shirt. Kid's Run participants will not receive a shirt.

Entry Fee: \$18 for MRR members and \$21 for non-MRR members if postmarked by June 16, 2010.

Online registration with lower entry fee available at www.allsportcentral.com \$24 entry fee for everyone after June 16. No refunds. Kid's Run is FREE

Make checks payable to:

Missouri River Runners

Send check and completed entry form to:

Pump 'N' Run
c/o Missouri River Runners
P.O. Box 1582
Sioux City, Iowa 51102

In consideration of the acceptance of my entry, I for myself, my executors and assignees, do release and discharge all sponsors and Missouri River Runners from all claims of damages, actions and causes of action, whatsoever, in any manner arising or growing out of my participation in said athletic event. I hereby attest that I am physically fit and able to participate in the Missouri River Runners Pump 'n Run 5K, 5K Run/Walk or 1/2 Mile Kids Run.

Signature

Parent or guardian signature required if 18 or under