

Official Entry Form:

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 Run/Walk 1/2 Mile Kids Run (FREE)

Kids Run is free to kids age 10 and under. Each participant will each receive an award.

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

All pre-registered runners will receive a Dri-fit shirt. Late registrants are not guaranteed a shirt. 1/2 Mile Kid's Run will not receive a T-Shirt.

Entry Fee: \$16 for MRR members and \$18 for non-MRR members if postmarked by June 16th, 2009. \$21 for everyone after June 16th. 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)