

# Heritage 5K Run/Walk

Saturday, August 31, 2019 @ 7:30am

Historic Mineral Springs Park,

Iuka, MS

All Proceeds to Benefit **THE BOYS & GIRLS CLUB OF IUKA**

All Ages Welcome

Race Day registration begins at 6:30 am at Mineral Springs Park Youth Center

For more information, please call RICH VANATTA @ 662-660-3435

This entry form may be copied, but each participant or participant's guardian must sign the waiver below.

NAME: \_\_\_\_\_ MALE: \_\_\_\_\_ FEMALE: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ AGE (ON RACE DAY): \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

Shirt size: Adult x-small small medium large xlarge xxlarge

Child x-small small medium large xlarge xxlarge

Emergency Contact Information:

Name \_\_\_\_\_ Relationship: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Telephone: \_\_\_\_\_

FEES: No refunds on entry fees. This includes personal or weather related issues.

Prior to August 1, 2019 \$20 August 1, 2019 and after \$25

Make checks payable to: Boys & Girls Club of Iuka

Mail application to: Boys & Girls Club of Iuka, P.O. Box 1191, Iuka, MS 38852 or you can drop off form at  
Iuka Wellness Center

Awards: Overall First Place: Male and Female. 1st, 2nd and 3rd, male and female in each age group.  
1-10, 11-14 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-75, Over 75.

**WAIVER AND RELEASE:** I know that running in a road race is a potentially hazardous activity, which could cause injury or death. By my signature I certify that I am medically able to perform this event & am in good health. I agree to abide by any decision of race officials relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running in this event, included but not limited to: falls, contact with other participants, the effects of the weather, including high heat & or humidity, animals in the roadway, traffic & the conditions of the road, all such risks being known and appreciated by me. I understand that skateboards, roller skates or roller blades, & animals are not allowed in the race & I will abide by all race rules. Having read this waiver & knowing these facts & inconsideration of your accepting my entry, I for myself & anyone entitled to act on my behalf, waive & release the Heritage 5K, the City of Iuka, Tishomingo County Mississippi, & the Boys & Girls Club of Iuka, all arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Under 18, Signature of Parent or Guardian: \_\_\_\_\_ Date: \_\_\_\_\_