

# VNU RUN WALK & ROLL

June 3, 2023 at 9am

Name \_\_\_\_\_  
                    **First**                    **Middle Initial**                    **Last**

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Age: (on race day) \_\_\_\_\_  Male  Female

Event Entering:  5k  10k  1 mi. walk/roll  
 Virtual 5k  Virtual 10k  Virtual 1 mi. walk/roll

Virtual participants won't be eligible for awards and don't have to record their times. Virtual participants can do their race anytime between the day they register and June 4. Share pictures with us by using #RWR2022.

Shirt Size: (circle one)    S        M        L        XL    2XL    3XL    4XL

Youth Size:                    S        M        L

Cost: \$30 until May 14, 2023 / \$35 starting May 15, 2023

Checks can be made out to: Village Northwest Unlimited

VNU staff I am participating on behalf of: \_\_\_\_\_

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may have against individuals associated with this event, its agents, representatives, successors, and assigns for all injuries suffered by me in said event. I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and have trained to participate in this event. I also agree to permit the use of photos taken at the event for publicity purposes.

Date \_\_\_\_\_ Signature \_\_\_\_\_

Send payment and completed entry form to

Village Northwest Unlimited  
Attn: Development  
330 Village Circle,  
Sheldon, IA 51201

You can also register online at:  
[www.villagenorthwest.org](http://www.villagenorthwest.org)

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