

VNU RUN, WALK & ROLL

June 1, 2024 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 1. Share pictures with us by using #RWR2024.

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

Youth Size: S M L

Cost: \$30 until May 10, 2024 / \$35 starting May 11, 2024

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: Averey Den Hartog
330 Village Circle,
Sheldon, IA 51201

You can also register online at:
www.villagenorthwest.org

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