

# VNU Run, Walk & Roll

Sat., June 6, 2026, at 9 a.m.

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 don't have to record their time and won't be eligible for awards. They can complete their race any time between the day they register and June 6. Share pictures with us by using #RWR2026 on Facebook, Instagram or X.

Shirt size (circle one): S M L XL 2XL 3XL 4XL  
Youth size: YS YM YL YXL

**Cost: \$35 until May 8 / \$40 starting May 9 / \$45 on June 6 (race day)**

Checks can be made to: Village Northwest Unlimited

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: Teri Elgersma  
330 Village Circle  
Sheldon, IA 51201

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

