



Mississippi Valley Running Association

**42nd Annual Benefit Classic**

**Half Marathon & 5K**

NEW DATE – Saturday, Sept 14 7:30 am

LOCATION – Mystique Community Ice Center

*PLEASE PRINT CLEARLY TO ENSURE ACCURACY ON THE RACE RESULTS*

(circle one)

**RACE:** Half 5K    **SHIRT SIZE:** YS YM S M L XL XXL (+\$2)    **GENDER:** M F

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

CITY/STATE: \_\_\_\_\_

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

EMERGENCY CONTACT (name/phone): \_\_\_\_\_

**RACE REGISTRATION COSTS:** (checks payable to MVRA)

<b>THROUGH May 15 --</b>	5K:	_____ \$40	_____ \$35 MVRA Member
	Half Marathon:	_____ \$60	_____ \$50 MVRA Member

<b>STARTING May 16 --</b>	5K:	_____ \$45	_____ \$40 MVRA Member
	Half Marathon:	_____ \$65	_____ \$55 MVRA Member

Shirt not guaranteed if registered after August 31. Deadline for mail-in registrations is Sept 7. Mail forms to: MVRA, PO Box 854, Dubuque, IA 52004

Online registration will be open until noon on Friday, Sept 13. The last chance for registration is Friday, Sept 13 at packet pick-up from 5-6:30 p.m. at 7Hills event center. There is **NO race day registration.**

For additional information on the race go to [MVRADubuque.com](http://MVRADubuque.com).

WAIVER: In consideration of the foregoing, I, for myself, my heirs, my executors, administrators, and assignees, do hereby waive and refuse any and all rights and claims for damages I may have against the Mississippi Valley Running Association, its officers, directors, agents, and employees, and any and all participating supporters, for all claims of damages, demands, or actions whatsoever, in any manner arising or stemming from my participation in said race known as MVRA Benefit Classic. I attest and verify that I am physically capable and fit, and have sufficiently trained for the completion of this event, and my condition has been verified by a licensed medical doctor.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_ (required if participant is under 18)

**QUESTIONS?**

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