

**THANK YOU FOR
YOUR SUPPORT**



PRECISION Race Results

2016 CHAMPIONS

Brooklyn Krull (Women's 1 Mile)	6:44
Tadasse Van de Stroet (Men's 1 Mile)	6:06
Kristy Harken (Women's 5K)	19:35
Zachary Springer (Men's 5K)	19:35
Jennifer VandeVegte (Women's 10K)	39:40
Caleb DeWeerd (Men's 10K)	35:48

Back again in 2017 KIDS FUN RUN!



Distances:

1/4 Mile • 1/2 Mile

(intended for kids age 8 & under)

Start Time: 9 am

All kids will receive a popcicle and
medallion for participating.

The Kids Fun Run is FREE
Optional t-shirt purchase available for \$7.

No timing, JUST FOR FUN

Parent/Guardian must fill out and sign
entry form for the child(ren) participating.
Pre-registration for the Kids Fun Run is
encouraged, but you may sign up on race day.



"Like" us on facebook
facebook.com/heritagedaysrace
For updates on this event

15th Annual HERITAGE DAYS ROAD RACE

www.heritagedaysrace.com

RUN ROCKY

**5K, 10K RACES
1 MILE WALK/RUN**

**KIDS FUN RUN
1/4 MILE • 1/2 MILE**

**SATURDAY
JUNE 17, 2017
8:00 AM**

Register Here:



CONTACT INFORMATION

Race Coordinator: Emilly Austin
1102 South Marshall Street
Rock Rapids, IA 51246
(605) 366-6251 (cell)
director@heritagedaysrace.com
www.heritagedaysrace.com

COURSE

All course maps can be found at www.heritagedaysrace.com.

The 5K course starts at 8 am and is a flat, fast loop around Rock Rapids' "Hair Pin." The 10K course starts at 8 am and is the same as the 5K course with a 5K out and back added. The 10K and 5K have the same start line.

The 1 mile will be on the bike path around Island Park. The 1 mile has a different start line than the 5K/10K and starts at 8:05 am. If flooding is an issue, an alternate course will be used.

Water stations will be available.

All races have the same finish line in Island Park. All races will be electronically timed using MYLAPS BibTag Timing technology. Showers & Restrooms available at the City Pool before and after the race.

EVENT ADDRESS

Rock Rapids City Pool
401 North Story Street
Rock Rapids, IA 51246

THANK YOU FOR YOUR SUPPORT!

AWARDS

All participants will receive a 50/50 cotton T-shirt designed by Nick Van Berkum

Door Prizes, Refreshments, Fruit and Pizza after race. Awards Ceremony following the race.

The top male and female finisher of each race will receive a personalized embroidered jacket.

Medals awarded to the top three male and female finishers in each age group.

AGE DIVISIONS

9 & under
10-13
14-19
20-29
30-39
40-49
50-59
60 & over

CLYDESDALE DIVISION

Male or female runners weighing 200 + lbs. may compete in the Clydesdale Division. Medals awarded to the top 3 finishers of the 5K Clyds & 10K Clyds race.

Note: There is not a 1 mile Clyds division

Results will be posted at
www.heritagedaysrace.com

DOOR PRIZES!!

Randomly selected and ready for pick up at prize table following the race.
Must be present to claim.

REGISTRATION

Again in 2017: NO RACE DAY REGISTRATION ALLOWED for the 5K, 10K, or 1 mile events, to allow for less packet pick up congestion and more accurate and timely awards.

Registration	Event	Shirt	Rate	Registration Method
3/1/17-6/2/17 at 11:59 pm	1 mile 5K/10K	Cotton T-Shirt	\$25	Online/ Paper Form
6/3/17-6/16/17 at 7 pm	1 mile 5K/10K	Cotton T-Shirt	\$30	Online/ Paper Form

Registration ends at 7 pm sharp on Friday, June 16, 2017.

Packet Pick-up for all races begins at 6:30 am on 6/17/17 at the Rock Rapids City Pool Shelter House, 401 North Story Street. There is NOT early packet pick-up prior to 6:30 am on race day 6/17/17

ENTRY FORM

Mail Entries to: Heritage Days Race
1102 South Marshall Street
Rock Rapids, IA 51246

Make Check payable to: Heritage Days Race

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

(Race info/results will be emailed if address provided)

E-Mail Address: _____

Age on Raceday: _____ Sex: Male Female

Race Entered: 5K Race 5K Clyds
 10K Race 10K Clyds
 1 Mile Run/Walk ¼ Mile Kids Race
 ½ Mile Kids Race

Adult T-Shirt Size: S M L XL XXL (+\$2)

Youth T-Shirt Size: S M L XL

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all rights and claims for damages I may have against sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns for any and all injuries suffered by me in connection with said event. Also, none of the above are responsible for the loss of personal items nor any other form of aggravation in connection with said event. I have been warned I must be in good health to participate in this event. I also give my permission for the free use of my name and picture in any broadcast, telecast, or print media account of this event. In filling out this form I acknowledge I have read and fully understand my own liability and do accept the restrictions.

Signature _____ Date _____

If under 18, signature of parent or guardian

NO REFUNDS

