



Milford Pioneer Days 5K Run/Walk

Saturday, July 22, 2017

CHECK-IN TIME: 7:30 to 8:30 am
(On-site registrants MUST check-in by 8:30 am)
RACE TIME: 9:00 am sharp!

LOCATION: Okoboji High School entrance, 901 H Avenue, Milford, IA

Start and Finish:

Walkers and runners will start at the corner of 9th Street and H Avenue

Divisions:

12 & under, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+. Same for men and women. All ages and skill levels encouraged to participate.

Awards:

- Awards Ceremony at Okoboji High School entrance following the race.
- * Grand prizes for Overall Male and Female winners in each race
- * Medals for first, second, and third place in each age group

Race Course:

A nice two-hill out and back course

Entry Fee:

- \$25 If received by 7/13/17 (**recommended to guarantee a shirt**)
- \$30 7/14/17 until day of race (7/22/17) on-site registration
- \$20 Per person for a rate of 3 or more participants (**please note rate does NOT apply for registrations received on race day**)

If you have questions about Milford Pioneer Days, contact the Milford Commercial Club at 712-320-4512. Because of potential inclement weather, the race director reserves the right to cancel anytime. No refunds, but pre-registration by 7/13/17 does guarantee you will get a shirt.

REGISTRATION ALSO AVAILABLE ONLINE AT
WWW.MILFORDCOMMERCIALCLUB.COM or
WWW.ALLSPORTCENTRAL.COM

Milford Pioneer Days 5K Run/Walk Entry Form:

Name _____

Age _____ Birth Date _____ Gender _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Shirt Size (circle one) S M L XL XXL

Entry Fee: \$20 Group Rate (3 or more; by 7/21/17) _____

\$25 _____ \$30 _____
(by 7/13/17) (7/14/17 thru 7/22/17)

Make checks payable to "Milford Commercial Club."

WAIVER OF LIABILITY: In consideration of the foregoing, I or myself, my heirs, my executors, administrators and assignees, do hereby release and discharge the City of Milford, Milford Commercial Club, and all Milford Pioneer Days sponsors from claim, damages, actions, whatsoever in any injuries suffered me in connection with the 2017 Milford Pioneer Days 5K.

Signature (If under 18, parent must sign)

For more information, contact the race director: Jennifer Gustafson at jennifer.gustafson@lakeshealth.org or at 336-8799 or 339-5754. Mail entry forms to: Milford Commercial Club - 5K, PO Box 214, Milford, IA 51351.