

3rd Annual Swinging Bridge Festival Run/Walk

Held in Scenic Columbus Junction, Iowa on Sat., June 11, 2016

What : 5K Run and 1.5 Mile Fun Walk

Where and When : Saturday, June 11, 2016 beginning at 8 A.M. Events will both begin and end at Chautauqua Park in Columbus Junction.

Fees : 5K Run or 1.5 Mile Walk - \$20 through June 4, and \$25 to register after that date. High School Cross Country Teams are encouraged to enter, and with 4 or more members the entry fee will be only \$10 per team member.

Registration : Registration forms are available on line at FitnessSports.com and The Muscatine Running Club website, and also at Main Street Gifts and Antiques and both banks in Columbus Junction. Race day registration will be at the Park Shelter from 6:45 – 7:45 A.M.

Mail Registration with Fee to : Brian Cummings, 24569 Highway 92, Columbus Jct., Ia. 52738. Make checks payable to Swinging Bridge Festival Run/Walk.

Festival Run T-Shirts for all participants. T-shirts are not guaranteed if you register after June 4.

Age Groups : 14 and under, 15 – 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, and 60+

Awards : Overall awards to top male and female, with medals awarded to top 3 male and 3 females in each age group.

Questions : Contact Brian Cummings at 319-728-2750 or 319-850-2258 or email at bd_cummings@hotmail.com.

Please Print

Name _____ M ___ F ___ Age (as of 6/11/16) _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

Event : 5K _____ 1.5 Mile Walk _____ Adult T-Shirt Size : S _____ M _____ L _____ XL _____ XXL _____

I know that participating in a road race is a potentially hazardous activity. I should not enter and compete unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event. Including, but not limited to, falls, contact with other participants, the effect of the weather, the traffic, and the conditions of the road. All such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Swinging Bridge Festival Committee, the City of Columbus Junction and all participating sponsors, representatives and successors from all claims of liabilities of any kind arising out of my participation in this event.

Signature _____ Date _____

Signature of Parent or Guardian if under 18 _____ Date _____