



All proceeds benefit the Highland Elementary Support Organization!!!

5k Run and 1 Mile Fun Run Saturday June 29th, 2019

Race Location:
Hall Park
Ella Street
Riverside, IA 52327

Mail Registration to:
Highland ESO C/O Maria Meller
PO Box 143
Riverside, IA 52327

Or register online at:



Groups: 10 and under, 11-18, 19-29, 30-39, 40-49, 50-59, and 60+

Awards: Trophy for overall male and female winners of 5K

Medals for 1st and 2nd, male and female in each age group of 5K

For more information on TrekFest events please visit www.TrekFest.org

Day of Registration at 7AM

Race starts at 8:00 and Fun Run starts immediately after race

Questions: Please direct all questions to Maria Meller, 319-530-1723, or email mecarr31@yahoo.com
(Make checks payable to **Highland ESO**)

First Name: _____ Last Name: _____
Parent Name (If Under 18): _____ M/F Race (Circle One) 5K 1 Mile
Address: _____ City: _____ State: _____ Zip: _____
Phone Number: _____ Email: _____ Age on Race Day: _____

T-Shirt Size (Circle One) Child **M L** Adult **S M L XL XXL**

Early Registration before June 1st: \$25

Registration June 1st and after: \$30

Shirts only guaranteed for Early Registration

Waiver: I certify to the best of my knowledge that I am physically fit and have no medical condition that could likely worsen by participation in this event. I am fully aware and assume all risks associated with participation in this event. I am fully aware that the race is ran on public streets and highways that limited traffic control will be provided and that participation could be hazardous. I understand running with headphones, dogs, and strollers is considered hazardous to my safety and sponsoring organizations and entities have recommended against it. In participating with headphones, dogs, strollers, etc., I assume responsibility for the risks involved. In consideration of the entry, I hereby for myself, my heirs, executors, assigns and administrators, waive and release all rights and claims against the race committee, Highland Community Schools, Riverside Area Community Club, _____ TrekFest, City of Riverside, Washington County, officials and volunteers associated with the race and event, their representatives, successors and assigns for any injuries incurred by me during, because of, or in travel to or from the race or event.

Signature: _____

(If under 18 years of age, parent or legal guardian)