

APPLE GALLOP

5K WALK/RUN IN THE COUNTRY

SUNDAY, SEPTEMBER 29, 2019 – 9:00AM

LOCATED IN MONTI, IOWA. 2854 WASHINGTON AVE. COGGON, IA 52218
7 MILES SOUTH OF WINTHROP, IOWA

Apple Orchard and walk/run to the Community Center in Monti, Iowa.

www.monticc.com

Contact Eldon Baragary – ebaragary@hotmail.com

Registration Form

Deadline for Advance Registration is Thursday, September 26, 2019

Register early to receive your requested T-Shirt size!!!

1st Place Medals Men and Women Overall 1st and 2nd Place Medals in all age Divisions

Registration begins at 8:00AM. Event starts at 9:00AM

One Entry per Form – Please Fill Out Completely. Make checks payable to Monti Community Center
Mail entry form to: Eldon Baragary 3243 260th St Winthrop, IA 50682

3.1 Mile (5K) _____ Advance \$20.00 _____ Late \$25.00

*Post race refreshments

*Fall run in the country.

Adult T-Shirt Size (circle one) S M L XL ___ Runner ___ Walker

Youth T-Shirt Size (circle one) S M L

Age as of September 29, 2019 _____ Sex (circle one) Male Female

Name _____

Please print clearly

Address _____

Please print clearly

City _____ State _____ Zip _____

Phone (____) _____

By my signature, for myself, representative, declare full responsibility of myself during my participation in the Apple Gallop Walk/Run n the Country. Furthermore, I waive and release any and all claims against the Monti Community Center, its members, and all sponsors or representatives for any injury I may sustain in connection with this event.

Parent or Guardian must sign if entrant is under 18 years old.

Signature _____