

APPLE GALLOP
5K WALK RUN IN THE COUNTRY
SUNDAY SEPTEMBER 24, 2023 – 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 21 2023

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

1st Place Medals for Men and Women Overall

1st and 2nd Place Medals in all age Division

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

One Entry Per Form – Please Fill out Completely. Make checks payable to: Monti CC
Mail entry form to: Eldon Baragary 3243 260th Street Winthrop, IA 50682

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

***Post race refreshments

Shirt Brand – Bella Canvas – Runs Narrow – Size Accordingly

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 24, 2023 _____ SEX - ___MALE ___ FEMALE

Name _____

Address _____

Phone _____

By my signature, for myself, representative, declare full responsibility for myself during my participation in the Apple Gallop Walk/Run in the Country. Furthermore, I waive 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 of age.

Signature _____