

1st Annual

5k , 10k

ROCK RIVER
RUN, WALK and ROLL

Saturday, August 19, 2006

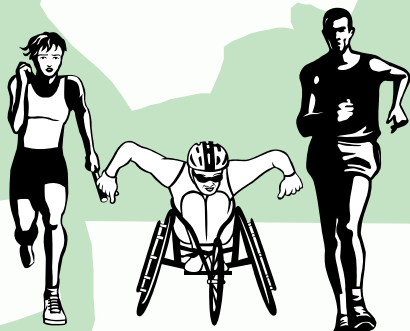
CITY PARK

Highway 18

Rock Valley, IA

In conjunction with

RALLY IN THE VALLEY



\$15 per Participant-each participant will receive a t-shirt

\$20 if registering after July 31

Race begins at 8 AM-

Course will go through new scenic city trail system

Register online at:

www.allsportcentral.com

Please pre-register on or before July 31st.

Registration and Packet Pick-Up will be held:

Friday, Aug. 18th, 6:30-8:30 pm

Saturday, Aug 19th, 6:45-7:30 am

Due to the usage of the ***Champion Chip timing system***, we strongly encourage packet pick-up on Friday Evening.

AGE DIVISIONS-

Trophies and Medals will be awarded to top male and female and each age group

MALE & FEMALE age groups -

13 & Under

14-19

20-29

30-39

40-49

50-59

60 & Over

Questions, or for a printable registration form,

Please call Julie at 712-476-8078 or

e-mail julie.vantol@heggmemorialhealthcenter.org

Hegg Memorial
Health Center
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