



Nauvoo Grape Festival

Grape Stomp

5K Walk/Run

Saturday, September 4th, 2010

Rain or Shine at the Nauvoo State Park

Registration 8:00 - 9:00 a.m.

Race begins at 9:00 a.m.

Advance Fee \$18.00

Day of Race \$20.00



All entries will receive a T-shirt AFTER the race unless pre-registered! Only those pre-registration forms RECEIVED BY AUGUST 28TH will have the option of t-shirt or tank. All registrations received after AUGUST 28TH will receive a t-shirt. Thank you for your cooperation!

Fill out registration form and mail to:

Grape Stomp

c/o Amy Lauber

5 Ridgewood Rd

Ft. Madison, IA 52627

Make checks payable to: Nauvoo Grape Festival

PRE-REGISTRATION FORMS MUST BE POST MARKED NO LATER THAN AUGUST 28TH, 2010!!!

***AWARDS:** 1st, 2nd, & 3rd place trophies for each age group, overall Male & Female classes & Master (40+) Male & Female.

Age brackets are as follows: 7 & under, 8 - 10; 11 - 14, 15 - 19, 20 - 24, 25 - 29, 30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59, 60 - 64, 65+

Name _____ Age _____ Sex _____

Address _____

City, State & Zip _____

Telephone _____

Circle T-shirt style & size: Child: S (6 - 8) M (10 - 12) L (14 - 16) XL (18 - 20)

Adult T-shirt: S M L XL 2XL Men's Tanks: S M L XL 2XL

Women's Tank: S M L XL 2XL

*In consideration of your acceptance of this entry, I hereby for myself, my heirs and executors, waive and release any and all rights and claims for damage against all supporters and officials, and organizers associated with the 2009 Grape Stomp for any harm or injuries suffered by me in connection with this event, and I am physically fit and sufficiently trained to participate in this event.

Signature _____ Date _____

Parent/Guardian _____

(signature required if under 18)