



Nauvoo Grape Festival
"Grape Stomp" 5K Walk/Run
Saturday, August 31, 2019
Nauvoo State Park



Registration 7:00 - 7:45 am.

Race begins at 8:00 am. sharp, Rain or shine

Chip timing! Online registration at RunSignUp.com (new for 2019)

Pre-registration \$20.00

Day of Race \$25.00

Deadline for pre-registration is Friday

August 30th at 12:00 Noon

All entrants will receive a cotton T-shirt*, unless you choose to upgrade to a performance** shirt.

Details on the back of this form.

Questions...email grapestomp@live.com

Mail forms with entry fee to:

Margaret Schneider

2574 N. Sycamore Haven Dr.

Nauvoo, IL 62354

Make checks payable to Nauvoo Grape Festival

Run awards: Male & Female in each - 1st, Over-All, Masters (40+) 1st, 2nd, 3rd, in age brackets.

Age brackets: 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+

Walk awards: Male & Female each - 1st overall - 1st in age brackets: 0-9, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

-----Tear here-----Keep top portion so you have all the details when race day arrives!-----Tear here-----

Name _____ Age _____ DOB ____/____/____ Sex _____

Address _____ City, St, Zip _____

Phone _____ Email _____

Check one: **Run** _____ **Competitive Walk*** _____ ***Walkers cannot run!***

Circle shirt size

****Performance** S M L XL 2XL **additional \$8.00, order one size up

Adult T-shirt S M L XL 2XL

Child T-shirt S (6-8) M (10-12) L (14-16)

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

Participant Signature _____ Date _____

OR parent/legal guardian if under 18 years old

*Cotton T-shirts will be given to all participants, unless you upgrade to a performance shirt. I will need to have your registration in hand (or contact me) by **Monday, August 26th at noon** to receive your shirt before the race. All registrations received after that date will receive their shirt **after the race**.

****PERFORMANCE SHIRTS - Champion Dry Fit**

If you would like a performance shirt the cost is \$8.00 extra and you need to order a size up. I must have your registration form **or** be contacted by you on or before **Wednesday August 21st, at noon**, these shirts are special ordered. Females will get the ladies cut and Males will get the mens cut unless otherwise specified.

If you have any questions or concerns, please contact me at grapestomp@live.com - I am always happy to help!

We will also have an event page on Facebook again this year. 2019 Grape Stomp

Please note that children in strollers cannot receive an award.

You may order extra shirts for the cost of the shirt only.

Every year I get a lot of questions about the **competitive walk**. If you signed up for the competitive walk, that means **you cannot run**. If you change your mind before the, or during the race, please report to the timing person or me, your category can easily be changed; this will eliminate confusion and hard feelings.