

Nauvoo Grape Festival
"Grape Stomp" 5K Walk/Run
Saturday, September 2, 2023
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



Pre-registration \$25.00
Day of Race \$30.00
 Deadline for pre-registration is Friday
 September 2nd 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

Proceeds benefit the
 Nauvoo Grape Festival
 Scholarship fund

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 \$9.00, 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 28th at noon** to receive your shirt before the race. All registrations received after that date will receive their shirt **after the race**.

If you would like a performance shirt the cost is \$9.00 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 24th, 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! You can also text at 309-221-4509, please identify yourself when you do.

We will also have an event page on Facebook again this year. 2023 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 personal or me, your category can easily be changed; this will eliminate confusion and hard feelings.