

4th Annual

RALLY IN THE VALLEY

Rock Valley's annual celebration, Rally in the Valley, runs from August 13-16.

Access the City website at www.rallyinthevalley.org for a complete list of events.

We invite you to stay in town - **THANKS** for your support!

Event Sponsors:

**Hegg Memorial
Health Center
Avera** 



In conjunction with

RALLY IN THE VALLEY

Hegg Memorial
Health Center
Avera 



Detach this
ENTRY FORM
and send it in
today...

Register online at
www.allsportcentral.com



**Saturday, August 15, 2009
8 AM / CITY PARK / Hwy 18
Rock Valley, IA**

Course will go through
RIVERS BEND CAMPGROUND
And the Rock Valley trail system



Welcome to
**ROCK VALLEY for the
 4th Annual 5k/10k
 ROCK RIVER RUN**

Saturday, August 15, 2008
 CITY PARK
 Highway 18
 Rock Valley, IA

**\$25 per Participant
 \$30 after August 10, 2009**

Race begins at **8 AM**

Registration

Send Pre-Registration Form in by **Aug 10**
 or register on-line at
www.allsportcentral.com by Aug 7.

Registration and packet pick-up for Race
 will be held at the City Park, Highway 18,
 on the following date and times:

Friday, Aug. 14, 6:30-8:30 pm

Runners who register on race day can participate,
 but will not be timed through the
 All Sport Central Champion Timing System.

AGE DIVISIONS

MALE & FEMALE age groups -

- 13 & Under
- 14-29
- 30-39
- 40-49
- 50-59
- 60 & Over

AWARDS

All participants will receive a long sleeved T-shirt featuring the Rock River Race. If not pre-registered, shirts may need to be mailed at a later date.

The top male and female finisher of each race will receive a trophy. Medals will be awarded to the top three places (male and female) of each age category. Results will be posted on the Hegg Memorial Health Center web site -

www.hegghc.org

COURSE & TIMING INFORMATION

The course is relatively flat winding through the scenic trails on the West side of Rock Valley. Participants will also navigate through the campground Rivers Bend on the NW corner of Rock Valley.

Miles will be marked and water stations will be available near miles 1, 2, & 4.

CHAMPION CHIP timing chips will be worn and regulated by All Sport Central.

ENTRIES—PREREGISTRATION

Pre-register on or before **Aug 10, 2008.**

Detach Registration Form & Mail in or register online at www.allsportcentral.com

BREAKFAST OPTIONS

Granola bars, Gatorade, water and fruit will be given to each participant.

If you are looking for a big breakfast after the race, the Rock Valley Fire Department and Emergency Medical Services usually serve pancakes, eggs, and sausages at the fire station on Main Street from 8-10 a.m. Freewill donations are accepted

ENTRY FORM

Mail Entry Form to:

**Hegg Memorial Health Center
 % Amanda Leusink
 1202 21st Ave.
 Rock Valley, IA 51247**

Contact Amanda Leusink for information
amanda.leusink@hegghc.org

Phone: 712.476.8010 Fax: 712.476.8024

\$25 per participant or \$30 after August 10.

Make checks payable to HMHC

Name _____

Address _____

City _____

State _____ Zip _____

Email _____

Age on day of race _____

Race Entering _____ 5K _____ 10K

T-shirt size—circle one

S M L XL XXL

The undersigned acknowledges that the Rock River Run is a voluntary event and that participant is voluntarily participating. I release the Rock River Run Sponsors, its officers, volunteers, race officials, and all parties from any claims, demands, or causes of action of every nature which rise out of or are connected with the Rock River Run. The undersigned agrees that the above-mentioned parties shall be held harmless in the event of an accident causing damages or loss of property or injury to the undersigned. I have read the foregoing Release, understand its terms, and voluntarily sign the same.

Participant
 Signature - _____ Date _____

Signature _____ Date _____
 Parent or guardian must ALSO sign if under 18