

START

All events will begin at 9:00am on the grounds of Village Northwest Unlimited. Village Northwest is located 1.5 blocks north of Highway 18.

REGISTRATION

Pre-registration is strongly encouraged before race day. Return this completed form with payment or register online at: www.villagenorthwest.org.

**To guarantee a shirt you must register before May 17!!*

ENTRY FEE

Entry fee for the 5k, 10k run and 1 mile walk/roll is as follows:

\$25 — until May 10, 2019

\$30 — May 10–May 24, 2019

\$35 — after May 24, 2019

COURSE

All events will be run on a well-marked, hard surfaced, and flat to gently rolling course, utilizing the Sheldon Recreation Trails, the Village drive and Sheldon city streets. Traffic will be controlled and aid stations will be located on the course. The 1-mile walk/roll will be wheelchair accessible.

EVENT RECORDS

5k

Female: Cindra Kamphoff, Mankato 19:56

Male: Brian Gesink, Sioux Center 16:47

10k

Female: Sonya Jongsma-Knauss, Sioux Center 42:17

Male: David Bohlken, LeMars 36:00

2018 Winners

5k

Female: Ashley Arend – 23:14

Male: Caleb Bakker – 18:49

10k

Female: Shannon Schreurs – 45:26

Male: Ryan Francis – 42:44

KEY SPONSORS



PREMIER SPONSORS

American Investment & Trust

DeKoter, Thole, Dawson & Rockman P.L.C.

Demco Manufacturing

Den Hartog Industries, Inc.

Hy-Vee (Sheldon)

Keith M. Merrick Company, Inc.

Northstar Community Credit Union

Northwest Décor & Furniture

ProActive Physical Therapy & Sports Rehab

Super D Ag, LLC

REGISTRATION FORM

RUNNER/WALKER

To guarantee a shirt, participants must register by May 17!

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

Age (on race day) _____

☐ Male ☐ Female

☐ 5k ☐ 10k ☐ 1 mile ☐ Donation Only

Shirt Size (circle one):

Youth: S M L

Adult: S M L XL 2XL 3XL 4XL

Payment Method:

☐ Check (payable to Village NW Unlimited)

VNU staff I am participating on behalf of:

Send checks and completed entry form to:
Village Northwest Unlimited
330 Village Circle
Sheldon, IA 51201

How did you hear about this event?

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors, administrators, waive any and all rights and claims for damages I may have against individuals associated with this event, its agents, representatives, successors, and assigns for all injuries suffered by me in said event. I attest and verify that I have full knowledge of the risks involved in this event. I also agree to permit the use of photos taken at the event for publicity purposes.

Signature: _____

PACKET PICK-UP

Runners: 5k & 10k should plan to pick up their packets, which will include bibs, t-shirts, timing chips and maps, from the Wansink Center on the Village Northwest Campus from 4:00pm–5:30pm on Friday, May 31. Please make an attempt to get your packet on Friday because there will be limited time available for packet pick-up on Saturday morning. Packet pick-up on Saturday will be from 7:30–8:30am.

Walkers/Wheelchair Rollers: Those doing the 1-mile walk/roll do not need to do packet pick-up on Friday or Saturday, but should check in and pick up their t-shirt on Saturday morning.

POST-RACE

Be sure to stick around after the race to cheer on the rest of the participants. Refreshments will also be available!

AWARDS

Overall male and female winners in the 5k and 10k run will receive a trophy. Top 3 male and female finishers in the following age groups will receive a medal.

Age Groups:

13 and under	14–19
20–29	30–39
40–49	50–59
60–69	70–79
80–89	90–99



RUN • WALK • ROLL