



**American Trust & Savings Bank and
The Mississippi Valley Running Association Presents . . .**



THE 17th ANNUAL MVRA TRAIL RUN

A 5K and 10K Road Race on Heritage Trail

Come join us for a run on a beautiful nature trail. The course will take you on an old railroad track that has been converted to a recreational trail designed with you in mind. It is flat, fast, and picturesque. Come escape city traffic, street corners, and honking horns. You will enjoy a tranquil stream, wooded hillsides, and nature at its best.

DATE: Saturday, May 10, 2008

TIME: 8:00 a.m.

PLACE: Heritage Trail, Durango, IA - 4 miles north of Dubuque on Hwy. 52

COST: \$15.00 prior to May 1 (\$8.00 for each additional family member)

\$13.00 MVRA members prior to May 1

\$20.00 after May 1 for everyone (**LATE ENTRIES WILL GET A T-SHIRT ONLY IF AVAILABLE**).

Walkers welcome to participate, Same Fee's Apply.

Entry includes: Post-race refreshments, and use of the trail on race day. T-shirt (if entry received by deadline of May 1)

PRIZES: Awarded to overall male and female winners in each race.

Awarded to top three places of each age group. **Unclaimed awards will not be forwarded.**

MAIL ENTRY TO: Mississippi Valley Running Association (MVRA)
P.O. Box 854
Dubuque, IA 52004

Questions: Call Mike Rohner @ 564-9548 or Don Koppes @ 557-1876 or log on to www.mvradubuque.com.

ENTRY FORM

Name _____ Date of Birth ____ / ____ / ____ Age _____ Sex: M F

Address _____

Check one category:	Female	19 & Under	20 - 29	30 - 39	40 - 49	50-59	60+
	Male	19 & Under	20 - 29	30 - 39	40 - 49	50-59	60+

Race (Please check one): 5K 10K

T-shirt size: S M L XL XXL

Note: Make checks payable to: Mississippi Valley Running Association

WAIVER:

In consideration of the foregoing, I, for myself, my heirs, my executors, administrators, and assignees, do hereby waive and release any and all rights and claims for damages I have against the Mississippi Valley Running Association, its officers, directors, agents and employees, Dubuque County Conservation Commission, and Heritage Trail, Inc., and any and all participating supporters for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in said race known as the MVRA Trail Run. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor.

Signature _____ Date _____

Parent's Signature _____ (Required if under 18 years of age)