



Mid America Rehab
5K RALLY
RUN & Walk
 SATURDAY, AUGUST 19TH



ALL PROCEEDS BENEFIT OUR LOCAL HIGH SCHOOL ATHLETIC PROGRAMS. BROUGHT TO YOU BY:



MID AMERICA
 R E H A B



WHEN: August 19th, 2023 - Race begins at 7:30AM

REGISTRATION:

Online at <https://runsignup.com/Race/MO/Perryville/MidAmericaRehab5KRallyRun>

By mail, in person at Mid America Rehab Perryville Clinic, or on race day from 6:45AM to 7:20AM

COURSE: 5K is 3.1 mile non-certified loop. Restrooms on site, one water station at 1.5 miles, refreshments before & after the race.

WHERE: City of Perryville TG 5K Trail

2200 Plattin Rd in Perryville (Building 3, Entrance 1)

FEES: \$20 if registered **BEFORE August 1st**
 \$25 **AFTER August 1st** or on race day

(Fee includes shirt. No guarantee of shirt availability, & size if not pre-registered)

AWARDS: Prizes are awarded to the top 3 finishers in each age group for both male and female. **PLUS top 3 finishers in the mommy or daddy stroller category!!**

Complete the form below & mail it with your entry fee to:

Mid America Rehab, attn: 5K Rally Run, 206 Hospital Ln, Suite 100, Perryville, MO 63775

For more information, email info@midamericarehab.com or call Sarah or Hannah at 573.768.3349

COMPLETE ONE FORM PER PARTICIPANT: 2023 MID AMERICA REHAB 5K RALLY RUN & WALK

Name _____ Sex _____ M _____ F Age _____ (as of 8/19/23)

Please include me & my child in the STROLLER CATEGORY

Address _____ City _____

State _____ Zip _____ Phone _____

email address _____

T-shirt Size (circle one): Child: S M L Adult: S M L XL XXL Amount Enclosed: _____

Team(circle one): St. Vincent Indians Perryville Pirates

Liability Waiver (must be signed by entrant or parent/guardian if under 18): I _____ understand that off road running and road racing can be hazardous sport or recreational event. In consideration of the foregoing, I, for myself, my heirs, executors, administrators, and assigns, do hereby release and discharge Mid America Rehab, all co-sponsors, the race director, or any of the race workers from all claims of damage demands, actions, and causes of actions whatsoever, in any manner arising or growing out of my participation in this event. I verify that I am physically fit and trained to enter this race.

Signature _____ Date _____
 (Parent/Guardian signature if under 18)