



SATURDAY OCTOBER 5TH 2013

Time: 10k starts at 8:00 am; 5k starts at 8:15 am
Cedar River Complex Event Center,
1006 Chestnut Street Osage Iowa, 50461

Registration & Packet Pick Up: 7:15 – 7:45 am

Awards: Following race

Online Registration Deadline:
3:00 pm Friday, October 4, 2013

Cost: 5k Students \$15, Adults \$20 / 10k Students \$20,
Adults \$25 (Prices increase \$5 after 9/15/2013).

Late Registration: Same day registration at the
Cedar River Complex Event Center.

Make checks payable to: Fox River Red Heel Run

Mail entry & payments to:
Fox River Red Heel Run PO Box 298, Osage IA 50461

Questions? Please e-mail RedHeelRun@foxsox.com

**EACH RUNNER TO RECEIVE:
\$5 off a \$20 purchase at the Sock Sale
and FOX RIVER SOCKS**

A portion of each runner's registration goes to support
3 Minutes Out – Jon Tumlinson Fund

2013 Fox River Red Heel Run – 5K & 10k



Participant's Name _____ **Circle one:** Male or Female

Street Address _____ City _____ Zip Code _____

Home Phone _____ Cell Phone _____

Email address _____ Date of Birth _____ Age on Race Day _____

Circle Age Division:	5k:	13-18	19-29	30-39	40-49	50 & over
	10k:	13-18	19-29	30-39	40-49	50 & over

Circle Socks Size:	XS	S	M	L	XL	How did you hear about the Run? Circle One: Friend Online Radio Race: _____
Shoe Size	Y= 7-11 ^{1/2}	Y= 12-4 M= 3-5 ^{1/2} W= 4-6 ^{1/2}	M= 6-8.5 W=7-9.5	M=9-11 ^{1/2} W=10-12 ^{1/2}	M=12-14 ^{1/2}	

I, _____, hereby affirm that I have been well advised and thoroughly informed of the inherent hazards and policies of the event. I know that participating in a race is potentially hazardous activity. I should not participate unless I am medically able. I hereby personally assume all risks associated with my voluntary participation in this event for any harm, injury or damage that may befall me as a result of my participation, whether foreseen or unforeseen.

I understand and agree that Fox River Mills, Inc. located in Osage, Iowa may not be held liable in any way for any occurrence in connection with my participation in the Red Heel Run/Walk that may result in including, but not limited to, injury, death, or other damages to me or my family, heirs, or assigns, and in consideration of being allowed to participate in this event. I hereby personally assume all risks in connection with said event for any harm, injury or damage that may befall me, including all risks connected therewith, whether foreseen or unforeseen; and further to save and hold harmless said event and persons from any claim by me, or my family, estate, heirs, or assigns arising out of my participation in this event.

I further state that I am of lawful age and legally competent to sign this affirmation and release, or that I have acquired the written consent of my parents or guardians; that I understand the terms herein are contractual and not a mere recital; and that I have signed this document of my own free will. I give my full permission to Fox River Mills, Inc. to use any photographs of me, or the undersigned participant, taken during the event for publicity and promotion, in perpetuity.

It is my intention by this instrument to exempt and release Fox River Mills, Inc. from all liability whatsoever for personal injury, property damage or wrongful death arising out of or in the course of my participation in this event.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS AFFIRMATION AND RELEASE BY READING IT BEFORE I SIGNED IT.

Signature of Participant

Signature of Legal Guardian (if under 18)