

Iron Horse Rhythm Run



5K Fun Run/1K Kid's Run

Mineola Nature Preserve - Saturday, September 30, 2023

8:30 a.m. (On-site Registration); 9:00 a.m. (1K Kid's Run); 9:30 a.m. (5K & Drawings)

****Valuable Drawings, Goody Bags and Prizes Awarded on All Levels ****

****Prizes will be awarded 15 minutes after first runner crosses the Finish Line****

One Form Per Person

Registration	
Name:	_____
Age:	_____
Address:	_____
City:	_____ Zip: _____
Phone:	_____
Email:	_____
(Make Checks payable to Dance Dimensions)	

Shirt Sizes (Circle One)	
<u>Youth</u>	<u>Adult</u>
YS	AS AXL
YM	AM AXXL
YL	AL AXXXL
Due to availability, child sizes might be different color than adult sizes	

<u>Circle One Event</u>	
Register by Sept 15 to guarantee T-shirt	
1K Kids Run: 10 & Under	\$25
1K & 5K Run: 10 & Under	\$25
5k Run: Any Age	\$25
Family 4 Pack	\$75
Virtual Registration by Sept 15 to guarantee T-shirt	
Virtual Run (Pick up T-shirt)	\$25
Virtual Family 4 Pack (Mail shirts)	\$75
Register after Sept 15 (T-shirt not guaranteed)	
1K Kids Run: 10 & Under	\$35
1K & 5K Run: 10 & Under	\$35
5K Run: Any Age	\$35

Waiver: By accepting this entry, I hereby for myself, my heirs, executors, and administrators, waive and release all claims for damage I have against Dance Dimensions, their staff or clients, and any sponsors of this run. I give permission for the free use of my name, and/or photograph in any broadcast, telecast or other account of this event. I further attest that I am physically fit and can participate in the event I am entering.

Signature (Parent or Guardian if under 18)
 x _____

Date: _____

*Proceeds to benefit the Rhythm Teams. They will donate a portion to the City of Mineola Nature Preserve and Community Organizations.

Mail Checks To:
 Dance Dimensions c/o Rhythm Run 5K
 1075 W Loop 564, Mineola, TX 75773

Questions: 903-569-5664 info@dancedimensionsmineola.com

CODE: _____