



5th Annual Preston Pirate Days Heave Ho Sweat-N-Gears Run & Bike

Saturday, October 28, 2017

Check In & Same Day Registration
begins at 11 a.m. at Marlee & Me – Spragueville, IA
Race Begins at Noon

Shuttle Available from Two Good Park to Spragueville from 11:00 – 11:45 a.m.

Individual or 2 Person Team (1 Runner/1 Biker)

*Runners begin at Spragueville for 3 mile run – Bikers begin at Two Good Park (near church) In Preston
for 11 mile bike ride – finishing at Two Good Park*

Entry Fee – \$5 Individual \$10 Team with Advance Registration Prior to October 1, 2017

(Note Reduced Registration Fee as We Celebrate Our 5th Year!!!)

\$15 Individual and \$25 Team if Registration Received October 2 – October 13, 2017

\$25 Individual and \$40 Team Registration October 14, 2017 thru Day of Event

3 Mile Run Only – Individual Fee Applies

Plan to spend the day in Preston with activities throughout the day and evening!

Direct Questions to Dana Olson 563-212-0478

If Individual Running & Biking
Or Only Running (Circle One)

Name: _____

Address _____

City _____

State _____ Zip _____

Phone _____

Birth Date _____

If Team of 2 Fill Out Participants here

Runner

Biker

Name _____ Name _____

Address _____ Address _____

City _____ City _____

State _____ Zip _____ State _____ Zip _____

Phone _____ Phone _____

Birth Date _____ Birth Date _____

RELEASE AND WAIVER STATEMENT

(Must be signed by both members if participating as a team)

I know that participating in a run/walk/bike is a potentially hazardous activity and will require running/walking/biking on streets/roads/paths. I should not participate unless I am medically able. I understand the nature of, and assume all risks associated with my voluntary participation in this event. Knowing these facts, I for myself, heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue and WAIVE, RELEASE AND DISCHARGE The City of Preston, Preston Growth and Development, sponsors and volunteers affiliated with the event, for ANY AND ALL claims or liability, whether seen or unforeseen, for any injury or accident suffered by me in connection with the event. I further grant permission to Preston Growth and Development (City of Preston) and/or agents authorized by them to use any photographs, video tapes or other record of the event for any reasonable purpose.

Signature (Individual or Runner) _____ Date _____

Signature (Biker – if team) _____ Date _____

**Send Completed Registration and Check Made Out to
Preston Growth & Development c/o City of Preston
P.O. Box 37 Preston, Iowa 52069**

Incomplete/Unsigned entries will not be accepted – No refunds

***Food Stand Sponsored by Preston Growth and Development at Two Good Park
Profits Support Parks & Trail Projects in Preston***