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# Saturday, June 8, 2024 | 8 a.m.

Race results available at [TelegraphHerald.com](http://TelegraphHerald.com) Saturday afternoon

Additional support provided by: **DUBUQUE REGIONAL** \*SPORTS COMMISSION\*



## 1 MILE O'CONNOR & THOMAS LAW FIRM JUNIOR GALLOP TIME

7:30 a.m.

## 4 MILE RUN/WALK TIME

8 a.m.

1 & 4 mile registrations will not be taken on race day.

## RUN/WALK PACKET PICKUP

(day before) Friday, June 7 - Murphy Park (4-8 p.m.)

(race day) Saturday, June 8 (6-7 a.m.)

**Last day to register is Friday, June 7 from 4-8 p.m. at Murphy Park**

## LOCATION

Run/Walk starts and finishes at Murphy Park

## ENTRY FEE

O'Connor & Thomas Law Firm Junior Gallop - 12 & under - \$20 beginning May 30 - \$25

Youth 14 & under - \$25

Adult - \$31 prior to May 30

\$40 beginning May 30 for everyone

## ENTRY FEE INCLUDES

Chip Timing

Brooks Podium Tee

Men's, Women's or Youth Crew Neck

Refreshments

Proceeds go to Crescent Community Health Center and Go The Distance Day

\*Late entries receive t-shirt only if available

## AWARDS

### 1 MILE O'CONNOR & THOMAS LAW FIRM JUNIOR GALLOP

Award and shoes to overall male and female in each race  
Awards given to top three place finishers in each age division

### 4 MILE RUN/WALK

Award and shoes to overall male and female in each race  
Awards given to the top three place finishers in each age division  
Unclaimed awards will not be forwarded

## AID STATIONS

Water will be provided on the course  
Medical personnel will be available

## POST EVENT ACTIVITIES

Awards Presentation  
Athletic Footwear

Shoe Give-Away  
(Must be present to win.)

Entertainment  
Refreshments

## ENTRY FORM

Name \_\_\_\_\_ Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ Gender M F

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Ph.# (\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

### 1 Mile Run/Walk Age Division (circle):

Boys: 6 & under 7-8 9-10 11-12 Girls: 6 & under 7-8 9-10 11-12

### 4 Mile Run/Walk Age Division (circle):

Men: 14 & under 15-18 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70+  
Women: 14 & under 15-18 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70+

### Brooks Podium Tee (circle):

Men's Crew: S M L XL XXL  
Women's Crew: XS S M L XL XXL  
Youth Crew: YM YL

Entry Fee Enclosed:  O'Connor & Thomas Law Firm Junior Gallop 12 & under - \$20 beginning May 30 - \$25  
 Youth 14 & under before May 30 - \$25  
 Adult before May 30 - \$31  
 Everyone beginning May 30 - \$40

### WAIVER

I do hereby waive and release any and all rights and claims for damages I have against all participating sponsors and supporters, including BVM-PHS Senior Housing Inc., in any manner arising or growing out of my participation in the Grandview Gallop. 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 \_\_\_\_\_ Date \_\_\_\_\_  
(Required if under 18 years of age)

Mail entry blank and fee to: MVRA, P.O. Box 854, Dubuque, IA 52004-0854 - Make checks payable to: Grandview Gallop  
For additional information: Call Greg Hermiston - 563-599-5198 or Darrell Zmolek - 563-663-2458 or email [GrandviewGallop@hotmail.com](mailto:GrandviewGallop@hotmail.com)

Register online at: [GrandviewGallop.com](http://GrandviewGallop.com)