

**2019
HERITAGE DAYS
ROAD RACE
SPONSORS**



Also thank you to:

Popkes, Inc. - Junction 9-75

Precision Race Results - Omaha, Nebraska

Jeremy Sprock - Emcee and entertainment

Central Lyon School District

KIDS FUN RUN

**No Registration Needed
Start Time: 9:00 AM**

NEW Location:

*Central Lyon Elementary Track
on Elementary Playground*

Age groups

3-4 yr old, (1 lap)

5-6 yr old, (1 lap)

7-8 yr old. (2 laps)

No timing. JUST FOR FUN!



**1 Mile, 5K AND 10K
and KIDS FUN RUN**

SATURDAY • JUNE 15, 2019

8:00 AM



Rock Rapids
Life, Balanced.

REGISTER AT



[www.GetMeRegistered.com/
RockRapidsHeritageDays](http://www.GetMeRegistered.com/RockRapidsHeritageDays)

or visit

www.rockrapids.com



Rock Rapids Heritage Days
Facebook page.

AWARDS

Participants will receive a t-shirt.

Medals awarded to the top three male and female finishers in each division.

Top Male and Female finisher of each race will receive a plaque and Rock Rapids Chamber gift certificate.

Age Divisions

9 & Under

10-13

14-19

20-29

30-39

40-49

50-59

60 & Over



REGISTRATION

NO RACE DAY REGISTRATION WILL BE ALLOWED.

Registration ends at 7:00pm on June 14, 2019.

Race day packet pick-up will be at the Central Lyon High School commons and begins at 6:30am. Race starts at 8:00am.

Registration	Event	Shirt	Rate
4/22/19- 5/31/19 at 11:59pm	1 Mile 5K 10K	Cotton TShirt	\$25.00
6/1/19- 6/14/19 at 7:00pm	1 Mile 5K 10K	Cotton TShirt	\$30.00

**** Family discount for 5 or more ****

*** Shirt not guaranteed after 6/8 ***

CONTACT INFORMATION

Rock Rapids Chamber
411 1st Avenue, Rock Rapids, IA 51246
(712) 472-3456
chamber@rockrapids.com
www.rockrapids.com

RACE DETAILS

All course maps can be found at www.rockrapids.com

Water stations will be available.

1 Mile, 5k and 10k will start and finish at Central Lyon High School parking lot (1010 South Greene Street).

Kids fun run will be at the Central Lyon Elementary School track on Elementary playground. No registration needed.

All races will be electronically timed using disposable bib chip timing by Precision Race Results, LLC. of Omaha, Nebraska

Showers and restrooms will be available in the High School locker rooms.

Awards ceremony will feature a wide variety of refreshments and entertainment provided by Jeremy Sprock after the race.

Come for the race, stick around for the parade at 11 am downtown, then head to Island Park for food & fun!

THANK YOU FOR YOUR SUPPORT!