

Invitation

You are invited to the Wapsi Wiggle on Saturday, August 3rd. This is a 5K social walk/or run on the morning of the Wapsipinicon Festival. It is renamed this year and has a new goal. The WGWL Trail Committee is dedicating the event as a fundraiser for the Riceville Community School Scholarship Fund in memory of Grace Harken.

Grace was our Miss Riceville who went on to become Miss Mitchell County in 2013. Unfortunately, as she returned home by bike after working in Osage, she was struck by a vehicle and died.

She was an outstanding young lady and represented our community in an excellent way. This year's Wapsi Wiggle is the start of establishing an endowment fund as a memorial to her and a scholarship for Riceville students. One can either join this walk/run or give a donation to the scholarship fund. Medals will be awarded to the 1st place finishers in age categories for each race.

There is also a self-supported Half Marathon on August 3rd for long distance runners. Strollers are welcome. The Wapsipinicon Day parade is at 11 A.M.

The Harken Family

Wapsi
Wiggle

5K Fun Run | Training Half-Marathon
WAPSI-GREAT WESTERN LINE TRAIL

This event is brought to you by the Wapsi-Great Western Line Trail Association and the Riceville Scholarship Fund.





WGWL Trailhead & Welcome Center,
110 East Main Street Riceville IA
50466



Race Features

5K Fun Run | Training Half-Marathon
WAPSI-GREAT WESTERN LINE TRAIL

Timed 5k Run/Walk starting at 8 AM, Half-Marathon at 7 AM

- Routes are out and back starting at the WGWL Trailhead (110 East Main Street, Riceville IA)
Kids free 1/2 mile Fun Run approx. 9:15 AM. No fee or registration required.
Free all you can eat pancakes for registered participants
\$5 all you can eat pancakes and sausage for non-registered participants; \$2 for kids (4/under) 7:30am - 10:00am
T-shirt (optional) for pre-registered participants available to be picked up starting at 7am
Race takes place on a paved trail that runs pass a Butterfly Garden, wraps around an ice blue lake and takes you through the heart of woods and restored prairie.
Wapsi Day events throughout the day in Riceville (parade at 11 A.M.)
Proceeds for the events go to the Riceville Community Scholarship Fund
Visit wgwtrail.com for other events like: The Border Bike: An Interstate Ride to MN and Beyond, DeRailed Adventure: A Multi-Sport Race, IronHorse Full Marathon, Half-Marathon, 10K & 5K

Name: Address: City, St, Zip:

Phone: () Email: Male: Female:

Age as of August 1, 2019: For \$10 extra add a shirt -- T-Shirt Size (Adult)-select one: S M L XL XXL No Shirt

ENTRY FEE: \$20 by July 15, 2019, \$25 after July 15, \$30 Race Day Circle: 5K Half-Marathon Donation:

RACE WAIVER: In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all right and claims for damages or injuries that I may have against the Event Director, WGWL Trail Committee and its representatives, Howard and Mitchell Counties, Howard and Mitchell County Conservations Boards, City of Riceville and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees. I know that running a race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typical found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event. In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver. Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

Signature:
Checks made to: Riceville Community Foundation
Mail Payments and registrations to:
WGWL Wapsi Wiggle
PO Box 116
Riceville, IA 50466

Parent/Guardian (if under 18 years old):

You can also register online at: www.wgwtrail.com

How did you hear about our race?