



Music for the Mind 5K and Family Fun Run

SATURDAY MARCH 20, 2021

Starting at 9:00 A.M. Race day check in starts at 8:15 A.M.

Entry cost \$25.00

**Where: Dexter Central Elementary/Cross Country Course 5K--Front Central Circle
Fun Run**

Send Application to Stephanie Monroe musicforthemind2019@gmail.com or mail to:

Music for the Mind

10168 County Road 637

Dexter MO 63841

**YOU CAN MAKE PAYMENTS ONLINE @ musicforthemind.co scroll down to merchandise and
select Rock and Run. Any other questions contact Stephanie Monroe @ 573-421-8835**

Only those that pre register will receive a shirt. Pre registration ends Tuesday March 2nd.

You will receive your shirt at registration.

Adult Shirt Sizes ___S ___M ___L ___XL Youth Shirt Sizes ___S ___M ___L

Family Fun Run 1 mile

5K

-High School Age

-Age 19-30

-Age 31-50

-Age 51+

I understand that road racing can be a hazardous sport or recreational event. In consideration of the foregoing, I for myself, my heirs, my executor, administrator, and assigns do release and discharge Dexter Public Schools, all co-sponsors, the race director, or any of the race workers from all claims of damage, demands, and cause of action whatsoever, in any matter arising or growing out of my participation in this event. I verify that I am physically fit and trained to enter this event. I also authorize any photos of myself, the participant, to be used in any promotional materials by coordinators of the event.

Signature: _____ Date: _____

Or Parent / Guardian if under 18