

NEDERLAND HERITAGE FESTIVAL FUN RUN
Sunday, March 5, 2023

11:30am - 1:30pm - Registration and
Bib Number pick-up at Bulldog Stadium
200 21st. St., Nederland, TX

**ALL RACE DAY REGISTRATION &
T-SHIRT/BIB# PICK-UP
ENDS AT 1:30**

2:00pm - Tiny Tot Dash - run 200 meters on track
2:20pm - Male Mile Run/Walk
2:40pm - Female Mile Run/Walk

**Early Bird Registration until
Friday, March 3, 2023 - \$20
Race Day Registration - \$25**

Trophies for top 3 Overall M/F finishers & Medals
for top 3 M/F finishers in Mile Run/Walk
Medals for all Tiny Tot Dash entrants

Mail Entry Fee and Form to:
Nederland Heritage Festival
P.O. Box 1176, Nederland, TX 77627
Make checks payable to NHF

Nederland students can return entry
form and money to his/her P.E. teacher

Contact:
Bonnie Mosley - 409-289-2234
Holly Dainwood - 409-719-2091
bmosley@nederlandisd.org
hdainwood@nederlandisd.org

**Chip Timing - all milers must have bib
number on front of his/her shirt**

Nederland Heritage Festival 1 Mile Run/Walk and Tiny Tot Dash

REGISTRATION FORM - PLEASE PRINT CLEARLY - SEPARATE FORM NEEDED FOR EACH ENTRANT

Choose race, gender, age group and t-shirt size. Be sure to put a contact number.

First Name: _____ Last Name: _____

Phone : _____ City/State/Zip: _____

School: _____

You do NOT have to register to run with your child.
If you wish to compete, you must register, wear a bib during
YOUR race ONLY, and run with your gender and age group.

AGE

as of 3/5/2023

Bib #

Official Use

1 Mile Run/Walk

Select age group as of 3/5/23 and gender

MALE FEMALE

5-6 years 7 years 8 years 9 years

10 years 11 years 12 years 13 - 19

20 - 29 30 - 39 40 - 49 50 & over

Choose T-Shirt Size

Youth Sizes

X-Small Small Medium Large

Adult Sizes

Small Medium Large X-Large

X-Small Shirts available for Tiny Tot Dash only

Tiny Tot Dash

Boys and girls 5 and under

Must be age 5 or under

5 year olds may choose to run the mile OR the Tiny tot

I hereby waive and release any and all claims for myself and my heirs against the Nederland Heritage Festival, race officials, City of Nederland, Nederland I.S.D and other sponsors of the race for any injury or illness which may directly or indirectly result from my participation in this Fun Run. Entrant verifies that they are medically fit and have sufficiently trained for this race. Entry fee is not refundable. If entrant is under 18 years of age, a parent or guardian must sign this entry. I hereby grant full permission to use my name and any photographs, videotapes, or other records of this event for any purpose.

Signature (Parent/Guardian Signature if under 18 years old)

Date

Detach and return this side with check, cash or money order.