

Iron Horse Rhythm Run



5K Fun Run/1K Kid's Run

Mineola Nature Preserve - Saturday, September 19, 2026

8:00 a.m. (On-site Registration); 8:30 a.m. (1K Kid's Run); 9:00 a.m. (5K & Drawings)

****Valuable Drawings and Prizes Awarded on All Levels- Awarded approximately 15 minutes after the first runner crosses the Finish Line****

****NEW THIS YEAR! First 50 5K Finishers will receive medals, all participants will receive a Goody Bag****

One Form Per Person

Registration

Name: _____

Age (as of Sept 1): _____

Address: _____

City: _____ Zip: _____

Phone: _____

Email: _____

(Make Checks payable to Dance Dimensions)

Shirt Sizes (Circle One)

Youth

YS

YM

YL

Adult

AS AXL

AM AXXL

AL AXXXL

Due to availability, child sizes might be different color than adult sizes

Circle One Event

Register by Sept 10 to guarantee T-shirt

1K Kids Run: 10 & Under \$35

1K & 5K Run: 10 & Under \$35

5k Run: Any Age \$35

Family 4 Pack \$120

Register after Sept 10 (T-shirt not guaranteed)

1K Kids Run: 10 & Under \$45

1K & 5K Run: 10 & Under \$45

5K Run: Any Age \$45

To Register online Scan the QR code

Or you can find the info on our website

www.DanceDimensionsMineola.com

SCAN TO REGISTER



Waiver: By accepting this entry, I hereby for myself, my heirs, executors, and administrators, waive and release all claims for damage I have against Dance Dimensions, their staff or clients, and any sponsors of this run. I give permission for the free use of my name, and/or photograph in any broadcast, telecast or other account of this event. I further attest that I am physically fit and can participate in the event I am entering.

Signature (Parent or Guardian if under 18)

x _____

Date: _____

*Proceeds to benefit the Rhythm Teams. They will donate a portion to the City of Mineola Nature Preserve and Community Organizations.

Mail Checks To:

Dance Dimensions c/o Rhythm Run 5K

1075 W Loop 564, Mineola, TX 75773

Questions: 903-569-5664 info@dancedimensionsmineola.com

Code: _____