



# Mid America Rehab's Race Across the River

Join us to commemorate the historic opening of **DON WELGE MEMORIAL BRIDGE**



**WHEN:**

JULY 11, 2026 - RACE BEGINS AT 7:00AM  
**NO SAME DAY REGISTRATION**

**REGISTRATION:**

Online at <https://runsignup.com/Race/MO/Perryville/MidAmericaRehabSRaceAcrossTheRiver2026>  
 By mail OR in person at 206 Hospital Lane, Perryville, MO,  
**SCAN QR CODE**

**WHERE:**

**THE DON WELGE MEMORIAL BRIDGE** Highway 51  
 Parking at Horse Island Chute between the bridges

**FEES:**

All Ages \$25 if registered BEFORE June 16th

**AWARDS:**

Prizes are awarded to the top 3 finishers for overall Male, Female and Stroller and top three in male/female in Age divisions.

**COURSE:** 5K is 3.1 mile non-certified loop. Restrooms on site, one water station at 1.5 miles, refreshments before & after race

For more information, email [info@midamericarehab.com](mailto:info@midamericarehab.com) or call Sarah at 573.914.1212  
 Mid America Rehab, attn: 5K Rally Run, 206 Hospital Ln, Suite 100, Perryville, MO 63775  
 Complete the form below & mail it with your entry fee to:



**SCAN CODE AND REGISTER HERE!**

**COMPLETE ONE FORM PER PARTICIPANT: 2026 Mid America Rehab's Race Across the River**

Name \_\_\_\_\_ Sex \_\_\_\_\_ M \_\_\_\_\_ F Age \_\_\_\_\_ (as of 7/11/26)  
 Please include me & my child in the STROLLER  
 CATEGORY \_\_\_\_\_ City \_\_\_\_\_  
 Address \_\_\_\_\_  
 State \_\_\_\_\_ Zip \_\_\_\_\_ Phone \_\_\_\_\_  
 email address \_\_\_\_\_  
 T-shirt Size (circle one): Child: S M L Adult: S M L XL XXL Amount Enclosed: Only Select if you are registering for 5k

**T-shirt only section** : Child: S M L Adult: S M L XL XXL

**If you choose t-shirt only you are not registering for the 5k**

*(Parent/Guardian signature if under 18)*  
 Liability Waiver (must be signed by entrant or parent/guardian if under 18): I understand that off road running and road racing can be a hazardous sport or recreational event. In consideration of the foregoing, I, for myself, my heirs, executors, administrators, and assigns, do hereby release and discharge Mid America Rehab, all co-sponsors, the race director, or any of the race workers from all claims of damage demands, actions, and causes of actions whatsoever, in any manner arising or growing out of my participation in this event. I verify that I am physically fit and trained to enter this race.

Signature \_\_\_\_\_ Date \_\_\_\_\_