

Cadiz Springs Friends of the Park Trail Run

Saturday, August 29th 2009
Browntown, WI

5K Trail Run - 2 Mile Narrated Fun Walk

Contact Ph#: 608-325-2010 (8am-5pm M-F)
608-558-2289 (6pm-9pm)



Time

Check in at 7:45am - Race begins at 9:00am SHARP!

Place

Cadiz Springs State Recreation Area

Courses

Through the recreation area, some short hills, mowed trails, parking lot, short road area.

Race Awards

1st - Winner's Shirt

2nd & 3rd - Fresh Wisconsin Cheese

T-shirts guaranteed to all pre-registered participants
No awards for fun walk



Mail to: Cadiz Springs Friends of the Park P.O. Box 36 Browntown, WI 53522

Name: _____ **Age:** _____ **Sex:** M F
(last) (first) (MI)

Address: _____
(street) (city) (state) (zip)

Entry Fee: \$20 Pre-registered (postmarked 8-15-09) - \$25 on the day of the race

Event (circle one): (\$20) 5K run (\$15) Narrated Fun Walk (\$20) Narrated Fun Walk with shirt

Divisions (circle one): *Men* 12 & under 13-17 18-29 30-39 40-49 50-59 60+

Woman 12 & under 13-17 18-29 30-39 40-49 50-59 60+

Shirt Size (circle one): X-Large Large Medium ****ONE SIZE ONLY for youth shirts****

In consideration for participation in this event, I hereby absolve the Monroe Youth Hockey Association, all race sponsors and race officials from any liability or injury incurred by me in participation of this event. I certify that I am in proper physical condition to participate in this event.

Signed (parent signature required for anyone under 18)

Date