

Seventh Annual St. Germain

Freedom 5K and 1k Kids' Run

Sunday, July 3, 2011

St. Germain Community Park

Held in conjunction with St. Germain's Annual Independence Day Celebration –
Race Day Registration/Check-in: 7:30 A.M. - 8:15 A.M. (Both events)

Race Start Time: 5k Run: 8:30 A.M., 1k Kids' Run: 9:15 A.M.

Entry Fee: 5K Early Registration (through June 17, 2011): \$18.00*
5K Late Registration (after June 17): \$25.00 *
1K Kids Run: \$10.00 with t-shirt, \$5.00 without t-shirt.*

Age Categories: 5K: Male and Female: 13 and under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and over
1K Kids' Run: For ages 12 and under only. *The 1K Run is not officially timed.*

Awards: All 5K early registrations will receive a t-shirt. Late registrations will receive shirts while supplies last. Trophies will be awarded to the top overall male and female finisher. Medals will be awarded to the top three finishers in each category. Participants in the 1K Kids Run will receive participation ribbons. T-shirts are optional for an additional fee. A limited number will be available, so early registration is encouraged.

*** All proceeds from this run will be donated to the St. Germain Area Bike and Hike Trail**

Course: The 5K race begins across the parking lot from the St. Germain Community Center. The trail begins on blacktop; after about 100 yards of town road, the balance of the trail is off-road. Runners will find mostly flat, packed dirt or gravel trail of varying width, winding through a quiet, scenic wooded area on Town of St. Germain and Wisconsin Public Service property. The 1K Kids' Race begins and ends at the same point, but is run mostly within the park boundaries.

Complete and return this entry form with your payment before June 17, 2011, to receive the early registration rate!

I am registering for: 5K Run 1K Kids' Run (12 and under only)

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ E-mail: _____

Birth Date: _____ Age (as of July 3, 2011): _____ Gender: M F

5K T-Shirt Size: Youth L Adult S Adult M Adult L Adult XL Adult XXL

1K T-Shirt Size: Youth M Youth L Adult S Adult M

Have you previously participated in the Freedom 5K? Yes No If Yes, how many times? _____

I understand that running is a very serious strenuous activity and I verify that I am physically fit to participate in this event. I hereby release all sponsoring groups including, but not limited to, St. Germain Chamber of Commerce, the Town of St. Germain, Wisconsin Public Service Corporation, Marshfield Clinic, Eagle Waste and Recycling, the McGill family, all race officials, workers or volunteers from any and all rights or claims for damages, illness or injuries suffered by my participation in the Freedom 5K Fun Run. I also grant permission for the use of my name and any photographs, video or other record of my participation in the event. This event will be held rain or shine, and will be cancelled only in the event of dangerous conditions. I understand that my entry fee is nonrefundable.

Signature of Participant: _____ Date: _____

Signature of Parent or Guardian (if under 18): _____

Make checks payable to Freedom 5k Fun Run, PO Box 2, St. Germain, WI 54558 • 715-542-2372 • 715-542-3022

See our website at www.freedom5k.org, or register on line at www.active.com (additional fees may apply)

2011/WS

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