

**Waiver must be signed for entry acceptance**

In consideration of this entry, I the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Independence Days Run/Walk, organizers, sponsors, Independence Days Celebration, committee, and the City of Independence for any and all injuries, suffered by me in said event. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. I understand there are inherent risks in events of this nature held and I assume all such risks. I hereby grant full permission to any and all of the foregoing to use any photographs, readings, or any other record of this event for any purpose whatsoever.

**Participant's Signature** \_\_\_\_\_ **Date**

**If Under 18, Parent's Signature** \_\_\_\_\_ **Date**

**Refund Policy**

Entry fees are non-refundable; race numbers and entries cannot be transferred to another person. Refunds will not be given once your entry has been received.



**2009 EVENT SPONSORS:**

- Olde' Mill Hair Salon
- Rave Fitness
- Kabus Autobody & Recovery
- Kwik Trip—Whitehall
- Arcadia Beverage
- Gifts from the Heart
- Schaumberg Law Firm
- Independence Family Chiropractic
- Troy's Gas & Grub LLC
- Edison Funeral Home
- Gundersen Lutheran
- Blair-Independence-Whitehall
- DOOR PRIZES:**
- Independence State Bank
- State Bank of Arcadia-Independence Branch
- Arcadia Beverage



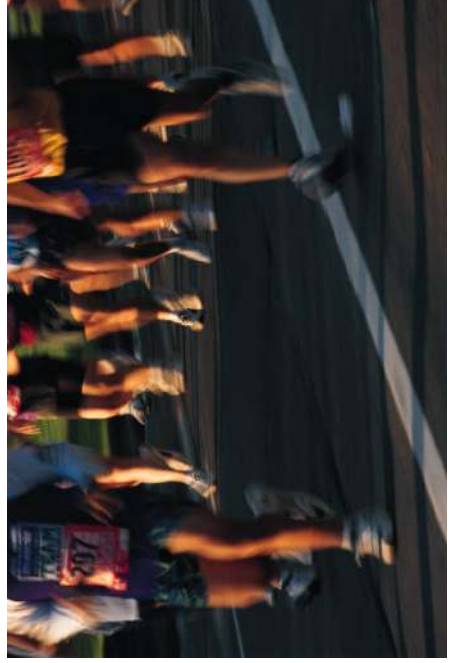
**ONLINE WEBSITES:**

- [runnersworld.com](http://runnersworld.com)
- [Runningtimes.com](http://Runningtimes.com)
- [Ravefitness.com](http://Ravefitness.com)
- [Indianheadtc.org](http://Indianheadtc.org)

**2010 INDEPENDENCE DAYS RUN/WALK**



**JUNE 12TH, 2010**  
**Pre-Register 7:00 a.m.-8:00 a.m.**  
**8:15 a.m. 5K Run/Walk**  
**& 10K Run**



# INDEPENDENCE DAYS RUN/WALK

## Packet pick-up

Packet pick-up will be held Friday, June 11th, from 5:00-6:30 p.m. under the food stand tent of the Independence Days grounds. Packets may also be picked up on race day, Saturday, June 12th, from 7:00 a.m.-8:00 a.m.

## Race day registration

Registration will be available on race day in front of Rave Fitness, until 8:00 a.m. on Saturday, June 12th, 2010.

Online Registration: [strands.com](http://strands.com)

## Course

5K Run/Walk out and back. 5K Run will be a timed competitive race. Course begins downtown Independence at Rave Fitness and heads out on County Road Q and back to town. 10K is a loop run starting at Rave Fitness and going out on County Road Q to River Valley Road to Creek Road to Bisek Road and turn around on Plum Creek Road going back on Bisek Road to County Road Q back to town.

## Awards and Prizes

All pre-registered participants will receive a t-shirt. T-shirt size not guaranteed to those who register race week. Youth sizes not available after May 26th.

Medals will be awarded to the top two male and female finishers in each age group of the race. And trophies to the overall male and female in both the 5K and the 10K.

Make checks payable to:

*Independence Days*

Send completed form to:

*Tami Keenan*

*23566 Adams Street*

*Independence, WI 54747*

## ENTRY FORM

First Name: \_\_\_\_\_ MI: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_

State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone Number: (\_\_\_\_) - \_\_\_\_\_

Email: \_\_\_\_\_

5K Run/Walk  10K Run

Male  Female

13 and under  14-19  20-29  30-39

40-49  50-59  60-69  70 and over

T-shirt size (choose one)

Youth  S  M  L  XL

Youth sizes not available after May 26th.

Adult  XS  S  M  L  XL

## ENTRY FEES

### 14 and over

\$10.00 ..... through 03/31/2010

\$15.00 ..... 04/01/2010-06/11/2010

\$20.00 ..... race day

### 13 and under

\$10.00 ..... through 06/11/2010

\$15.00 ..... race day