4th of July Freedom Run sponsored by Powder River Trails

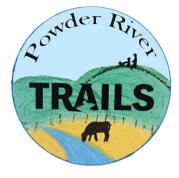
Name:	Phone:	
Address:	City/State/Zip:	
Sex: Female Male	T-Shirt Size: Child	Adult
Event: 5 mile RUN/WALK	6 & Under—FREE	Small
1 mile RUN/WALK	18 years & Under	Medium
7:00 am start time for 5 mile	19-30 years old	Large
8:00 am start time for 1 mile Starting Point is at the Cottonwood Park	31-50 years old	XLarge
		women's sizes for females men's for males)

5 Mile Run/Walk - \$30 Registration Fee (includes a T-shirt)

1 Mile Run/Walk - FREE (\$20 for t-shirt (optional))

Make checks payable to: POWDER RIVER TRAILS

Return this form to the Powder River Extension Office by June 25th to receive your shirt on race day. You can sign-up on Race Day! Race Day registration - \$35



Waiver of responsibility: in consideration of the acceptance of this entry, I hereby, for myself, heirs, executors, & administrators, waive any & all rights/claims for damages I may have against sponsors, coordination groups or individuals & assigns for any & all injuries suffered by me in connection with this event. I understand that I must be in good health to compete & that there might be hazards on the course. None of the above mentioned are responsible for the loss of personal items. I understand & accept these conditions.

Signature of Participant:_____

Date:

If under 18, Parent/Guardian:____

Powder River Trails Mission:

"To build a vibrant, healthy community by

increasing access and connectivity to places where

we live, work, and play."

WHY TRAILS

"Having a walking path encourages people to exercise more than if they have to just walk on the streets or down a highway." Pete Wenzel, VP of PR Co. Chamber of Commerce and Ag

"You could take a walk with friends or have a picnic at the end of the trail." Fifth Grade Student, 2015/16

"My children and I enjoy family time which includes walks and bike rides. It is very difficult to find a route that does not involve crossing the highway....a walking path offers a scenic and peaceful place for families to enjoy time together." Cody Portwine-Kinzer, LCSW

"First things first, people would be way safer walking around on the north side of town without having to be hit by a car or having bike wrecks in the road." Fifth Grade student, 2015/16

BUILDING A HEALTHIER POWDER RIVER COUNTY COMMUNITY, **ONE STEP AT A TIME....**

