

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

31-50 years old

XLarge

**Starting Point is at the
Cottonwood Park**

51-79 years old

80 years & older



(T-Shirts are women's sizes for females and 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....**

