

# Powder River Trails Freedom Run

## July 4, 2024

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Sex:  Female  Male Age \_\_\_\_\_

T-Shirt Size:  Child  Adult

Event:  5 mile RUN/WALK/BIKE

3 mile RUN/WALK/BIKE

1 mile RUN/WALK



Small

Medium

Large

XLarge

**7:00 am** start time for 5 mile

**Starting Point is at the**

**7:30 am** start time for 3 mile

**Cottonwood Park**

**8:00 am** start time for 1 mile

(T-Shirts are women's sizes for females and men's for males)

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

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

**1 Mile Run/Walk - \$5** (\$20 for t-shirt (optional))

Make checks payable to: **POWDER RIVER TRAILS**

Return this form to the Powder River Extension Office by **June 20th** to receive your shirt on race day.

**You can sign-up on Race Day!** Race Day registration - \$35 for 3 & 5 mile & \$5 for 1 mile



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....**

