

Powder River Trails Freedom Run

July 4, 2026

Name: _____ Phone: _____

Address: _____ City/State/Zip: _____

Sex: ☐ Female ☐ Male Age _____

T-Shirt Size: ☐ Child ☐ Adult

Event: ☐ 5 mile RUN/WALK/BIKE

☐ Women's ☐ Small

☐ 3 mile RUN/WALK/BIKE

☐ Men's ☐ Medium

☐ 1 mile RUN/WALK

☐ Large

☐ XLarge

☐ XXLarge

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

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 23rd** 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



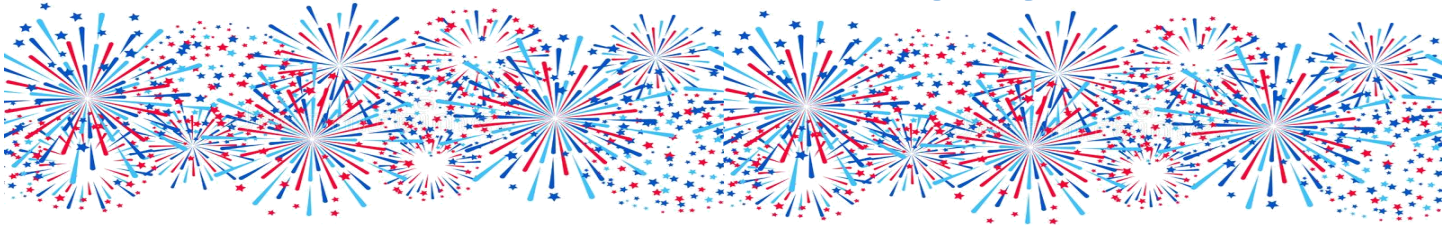
Waiver of responsibility: in consideration of the acceptance of this entry, I hereby, for myself, heirs, executors, & administrators, waive any & all rights/claims for damages I may have against sponsors, coordination groups or individuals & assigns for any & all injuries suffered by me in connection 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

- ◆ Chronic conditions such as pulmonary disease, heart disease, diabetes and cancer contribute to death of approximately 75% of the population.
 - A lack of physical activity is a primary behavior leading to these diseases.
 - Engaging residents in increased physical activity utilizing local trails is a life-long activity and it is FREE!
- ◆ Increasing physical activity improves mental health. Spending time in nature is linked to positive mental health outcomes including reduced stress, improved mood, sharper focus and lower risk of developing mental health conditions.
- ◆ Trails strengthen our communities social, economic and physical foundations for health and wellness.

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

