

MUDDY FROGWATER RUNS

1 Mile and 5K Run and Walk

Saturday August 15, 2009 7:00AM

YANTIS PARK



GENERAL INFORMATION

FEES: \$18.00 PRE-REGISTER WITH T-SHIRT
\$ 10.00 PRE-REGISTER W/O SHIRT
\$12.00 DAY OF RACE ENTRY (no shirt)

AWARDS: AGE DIVISION WINNERS
RESULTS IN LOCAL PAPER
FREE PRIZE DRAWINGS AFTER RACES

MORE: RESTROOMS AVAILABLE IN THE PARK
PACKET PICK-UP BEGINNING @ 6:30
EXTRA SHIRTS BY ORDER (\$12.00)

CONTACTS: www.muddyfrogwatercountry.com (541) 938-5563
captaintrackmhs@charter.net (541) 861 3179

12 and under
13-18
19-29
30-39
40-49
50-59
60+

Pre-register must be received by AUGUST 8

Having full knowledge of the risks involved in this event, and being physically fit and capable of participation, I hereby release all organizations, sponsors, and any person affiliated with this race from all claims of damage and liability, which might result from my participation in this event.

Signature _____ age _____

Name _____ (under 18 requires parent signature)

Address _____

Shirt YS YM S M L XL 2XL *RACE* 1M 5K WALK RUN

Mail entry form with check to: Mac-Hi Track
53542 Stateline Rd.
Milton-Freewater, OR 97862