

MUDDY FROGWATER RUNS

1 Mile and 5K Run and Walk

Saturday August 20, 2011 7:00 AM

Yantis Park (at the play ground)



FEES: \$ 15.00 PRE-REGISTER WITH T-SHIRT
\$ 8.00 PRE-REGISTER W/O SHIRT
\$ 10.00 DAY OF RACE ENTRY

CONTACT: JOHN MILLESON
CAPTAINTRACKMHS@CHARTER.NET
541 861-4410

INFORMATION: RESTROOMS AVAILABLE IN THE PARK
PACKET PICK-UP BEGINNIG @ 6:30 AM
EXTRA SHIRT BY ORDER \$12.00

AWARDS: RESULTS IN THE LOCAL PAPER
PRIZE DRAWING AFTER THE RACE
AGE DIVISION WINNERS:
15 AND UNDER 16-25 26-35 36-45 46-55 56-65
66 PLUS

Pre-register must be received by August 15, 2011

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 Size: YS YM S M L XL 2XL (circle one) **RACE:** 1 Mile 5K (circle one)

Mail entry form with check to:

MAC-HI TRACK, 53542 STATELINE RD, MILTON-FREEWATER , OR 97862