



RUN & Walk

www.audubondays.com

Saturday, OCTOBER 3, 2009

Mayville, WI

THE COURSE

The 5K RUN & walk course has rolling hills through the city & countryside always receiving rave reviews for its level of challenge, quality and scenery. See www.audubondays.com for course map.



SCHEDULE 5K RUN & WALK Firemen's Park
8:00 AM Packet pick-up & race day registration
9:00 AM START 5K RUN / WALK
FEES:
INDIVIDUAL **FAMILY (3 people)**
 \$15.00 \$35.00
 \$20.00 (after 9/21/2009) \$45.00 (after 9/21/2009)
 +\$10.00 added family members

DIVISIONS & AWARDS

5K RUN
 Trophies top male & female
 1st, 2nd, 3rd in each division
 (19 & under, 20-29, 30-39,
 40-49, 50-59, 60 & over)
1K Kid's RUN
 1st, 2nd, 3rd in each division
 (8 & under 9-12)

5K Walk is non-competitive.

- ◆ Splits & water stops
- ◆ Long sleeve T-shirt (pre-register guarantees race day shirt)

- ◆ 1K kid's run is within the park for age 12 & under (10:00 AM start)
- ◆ Kid's short-sleeve shirt

(920)387-5776
 (800)256-7670

REGISTRATION

INDIVIDUAL

(Please fill out one form per person for each event & staple Family Forms) _____

email

name

phone

Address

city

state

zip

Circle all that apply + AGE

Event	Shirt Size
5K Run	Adult:
5K Walk	Small
1K Kid's Run	Medium
	Large
	X-Large
Gender:	Youth:
M F	M (10-12)
	L (14-16)
Age race day	

Waiver: In signing this release for myself or the named registrant, I acknowledge its intent. I understand and agree that the Mayville Area Chamber of Commerce and its officers or members are not insurers of my personal safety during the Audubon Days Run/Walk or any other event. I release them and I agree to hold them harmless from any and all liability arising from my participation in these events. I will not enter unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the race.

Signature (signature of parent or guardian if under age 18)

Mail Entry & Check to: **Mayville Area Chamber**
P.O Box185,
Mayville, WI 53050

Total Enclosed = _____

NOTE: Event organizers will not be responsible for unclaimed T-shirts or awards after race day.