

**Hosted by:
Western
Dubuque
Cross Country**

14th Annual Town and Country Funfest Road Race Epworth, Iowa

8K (5 mile) Race

2 Mile Walk or Run



DATE: Saturday, August 5, 2017

SCHEDULE: 8K (5 Mile) and 2 Mile (Strollers are fine, but please – NO PETS) 8:00 AM
Awards 9:15 AM

PLACE: Western Dubuque High School – 302 5th Avenue SW, Epworth, Iowa. From Highway 20 → Take Exit 304 → North on Center Avenue to Stop sign → Left on Main Street → Left on 5th Avenue SW

AWARDS: Age division awards given to the top three men and women finishers for each race
Age categories 15 & under, 16 - 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 & over
Must be present at awards ceremony to receive medals

PACKET PICK-UP & CHECK-IN: 6:45 – 7:45 AM, August 1 – Western Dubuque High School

POST-RACE: Town and Country Days Parade – Main Street at 10:30 A.M.
Food, games, dancing – Tower Park

INFO.: For more information contact Western Dubuque High School
Phone (563) 599-5080
Email at mark.digmann@wdbqschools.org

**ONLINE REGISTRATION
NOW AVAILABLE!**
<https://w-dubuque.revtrak.net>
*Credit Card OR eCheck payment options
*Click on “Youth Sports Camps/Leagues”
*Online Registration Questions? Contact
Mark Frasher at 563-744-3885 x6022

14th Annual Town & Country Days Entry Form
One Entry Form per person – Entry forms may be copied – PLEASE PRINT

Name _____ Age on 8/5/17 _____ Male _____ Female _____
Address _____ City/State/Zip _____
Phone _____ Email address _____

RACE (Circle One) 8K (5Mile) 2 Mile

Registration Fees

Early Bird (received by Wednesday, July 26) \$15.00
Late Entry (received after Wednesday, July 26) \$20.00

IF NOT REGISTERING ONLINE,

MAKE CHECKS PAYABLE TO: *Western Dubuque Cross Country*
MAIL ENTRY FORMS TO: Western Dubuque High School
Attn: Cross Country Coach
302 5th Avenue S.W.
Epworth, IA 52045-0379

NO REFUNDS

T-Shirt Information

<p>Adult Sizes (Check One)</p> <p><input type="checkbox"/> Small</p> <p><input type="checkbox"/> Medium</p> <p><input type="checkbox"/> Large</p> <p><input type="checkbox"/> X Large</p> <p><input type="checkbox"/> XX Large</p>	<p>Kids Sizes (Check One)</p> <p><input type="checkbox"/> Small</p> <p><input type="checkbox"/> Medium</p> <p><input type="checkbox"/> Large</p>
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RACE DAY ENTRIES ARE NOT GUARANTEED A T-SHIRT

I recognize the risks involved in any athletic event and hereby waive, release, and hold harmless Western Dubuque School District, Western Dubuque High School, Western Dubuque Cross Country Team, Town and Country Days Association, City of Epworth, Dubuque County and all their employees, all sponsors, all race directors and volunteers from any and all liability, claims and rights for damages from injuries growing out of, related to, or arising from participating in the Town and Country Days Run. I further certify that I have full knowledge of the risks involved in this event and I am physically fit to participate.

Signature _____ Date _____ Parents Signature if under 18 _____