



**August 6, 2016 in Riceville, IA**

5K Race starts at 8am at the trailhead across from Govern Farm & Home on Highway 9 in Riceville

7 mile run starts just south of McIntire, west on 460th St. near the quarry

**Race Features**

Timed 5k Run/Walk and 7 MILE Run / Walk - both start at 8am

5K route is out and back starting at the trailhead. The 7 mile run is a point to point race starting near McIntire - transportation will be provided from the trail head to the start line. Last bus leaves the trailhead at 7:40 am SHARP!!

Kids free \_ mile Fun Run approx. 9:15am

Free all you can eat pancakes for registered participants

\$5 all you can eat pancakes & sausage for non-reg. participants; \$2/kids (under 5) 7:30am - 10 am

T-shirt (optional) & goody bag for Pre-registered participants available starting at 7am

Race takes place on a paved trail that runs pass a Butterfly Garden, wraps around an ice blue lake and takes you through the heart of woods and restored prairie.

Wapsi Day events throughout the day in Riceville

All proceeds for the events go to the Wapsi Trail and the Riceville Football Team

Name: \_\_\_\_\_ Age 8/6/16 \_\_\_\_\_ Circle  
M F

Address: \_\_\_\_\_ City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: ( ) \_\_\_\_\_ Email: \_\_\_\_\_ Circle - 5K or 7 mile run

Entry Fee: \$15 by 7/22/16 (\$20 w/ T-shirt); \$25 after 7/22 (t-shirt not guaranteed)

For \$5 add a shirt -- T-Shirt Size (Adult)-select one: S M L XL XXL No Shirt



**RACE WAIVER:** I know that running a road race is a potentially Hazardous activity. I should not enter and run 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 run. I assume all risks associated with running in this race, including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and humidity, ice, traffic, and the conditions of the road, all such risks being know and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless the Set Up Events, City of Riceville, IA, WGWL Trail, Howard and Mitchell Counties, Howard and Mitchell County Conservations boards, the race organizer, all other sponsors, and all the agents, employees, officers, directors, and volunteers working for those entries from all claims and liabilities of any kind arising out of or related to my participation in this race.

Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian (if under 18 years old):

**Mail Payments To: WGWL Race, 10508 Elm Ave, Riceville, IA 50466.**

You can also register on Active.com: --Search for "Wapsi "

See www.wgwltrail.com - for more trail events

How did you hear about our race? -