Urbandale
Independence Day
William Courtney 5K Run
Coach Chuck Silvey Kids Mile
Gary Page Tot Trot

Date:	Friday, July 4
Time:	7:30 a.m - 5K Run
	8:10 a.m. - 1 Mile Kids Run
	8:30 a.m. - Tot Trot
	8:40 a.m. - Awards
Place:	Start and finish at Walker Johnston Park, 86th and Douglas, Urbandale
Fee:	5K - $15.00 on or before Thursday, July 3rd, or $20.00 July 4th
	5K Family Rate - each additonal person $10.00
	5K $15.00 if registering on line at www.active.com by noon 7/03/08
	Kids Mile $5.00 with a prize
	Tot Trot - free

Send registration to: Olmsted School, 7110 Prairie Ave., or fax 515-457-5804 or e-mail jablonskil@urbandale k12.ia.us before 6/30/08 or www.active.com

Late registration: Urbandale Park & Rec, 3310 86th St., fax 515-278-8356 or www.active com until noon 7/3/08

Packet Pick Up: Thursday, July 3, Lion's Park Shelter House, 5:00 -7:30 p.m.* Friday, July 4, 6:00-7:00 a.m. at Walker Johnston Park, 86th & Douglas - parking in new library lot.

Awards: First 250 5K runners receive a T-Shirt and a 4th of July Button. Kids Mile receive a prize and medal. Tot Trotters receive a ribbon. Winners and runners-up in each division will receive awards in the mail. Awards also to the top 10 men/women. All participants receive refreshments. Late registration - not guaranteed a T-Shirt and fee would then be reduced.

Questions: Contact Larry Jablonski at 515-457-5801 Fax 515-457-5804 e-mail jablonskil@urbandale.k12.ia.us - **Checks payable to Urbandale 4th of July Celebration**

Jack "Sparky "Gooding Free Bike Ride at 6:00 July 3 from Lion's Park

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Urbandale Independence Day Races July - Friday, 4, 2008 - Entry Form

Name (last name/first name)

Age on 07/04/08

Sex (M/F)

Running (5K, 1Mi, Tot Trot)

Mailing Address

City

State Zip Code

Birth Date

Shirt Size

Home Telephone

e-mail address (for next year's notification)

Student's 2008-2009 Grade

K 1 2 3 4 5 MS

Urbandale Schools, Fourth of July Committee, and station personnel, and all agents of these organizations from all claims (present and future) resulting from any injury or illness which may be sustained while participating in the Urbandale July Fun Run. I have read the caution statement and have satisfied myself that I (my child) have/has attained a level of fitness sufficent to participate safely

PLEASE NOTE:
One person per entry?
All boxes completed?
Release signed?
Correct amount paid?

Date:_____ Signature:_____

Deliver or Mail To: Urbandale Parks & Rec 3310 86th Street, Urbandale, IA 50322

Entry Fee:
(online registration at Active com)

5km
- 15 dollars (through July 3)
- 20 dollars (after July 3)

1 mi kids run
- 5 dollars (through July 3)
- 10 dollars (after July 3rd)

Don't mail after June 30!!! No refunds