

# Kinni River Trout Trot

Saturday • September 12, 2009

River Falls • Wisconsin



- 10K • 25K • 20M
- Road and Trails
- Race Packet w/ Long Sleeve Wicking Shirt
- Great Training Run

register online at [www.active.com](http://www.active.com)

## Other River Ramble Events

- Art on the Kinni
  - Kinni River Barn Dance
  - American Legion Chicken Fry
- [www.kinniriverramble.com](http://www.kinniriverramble.com)

## Kinni River Trout Trot

[www.rfchamber.com](http://www.rfchamber.com)

**Event:** 25K & 20M Run & 10K Walk/Run starting at 7:30 a.m. Veterans Park and finishing at the Amphitheater at UW River Falls. Scenic road and trail courses.

**Fees:** — 25K, 20M — \$35 before Sept. 4, \$40 after Sept. 4  
— 10K — \$25 before Sept. 4, \$30 after Sept. 4

**Race Day Registration:** 5:30 - 7:15 a.m. at Veterans Park. Race begins at 7:30 a.m.

**Packet Pickup:** 4:00 - 8:00 p.m. Friday, Sept. 11th at the River Falls Chamber of Commerce & Tourism Bureau 214 N. Main Street, River Falls, or race day 5:30 - 7:15 a.m. at Veterans Park.

- ↳ SANCTIONED Road & Trail Run
- ↳ Hydration Stations approximately every two miles
- ↳ Post-Race Finish Line Awards and Entertainment
- ↳ Race Packet w/ Long Sleeve Wicking Shirt
- ↳ Age Groups: Male & Female 17 - under, 18 - 24, 25 - 30, 31 - 40, 41 - 50, 51 - 60, 61+ — Awards given to top 3 males and females each category and overall winners for each race
- ↳ Course: Opens at 7:30 a.m. and closes at Noon. Early starts available with permission. *No Pets or Strollers.* Route available online: [www.rfchamber.com](http://www.rfchamber.com)
- ↳ No strollers, or pets

## Entry & Release Form

I hereby for myself, my heirs and executors, release any and all claims or rights to make claims against all sponsors, organizers, employees and volunteers associated in any way with the race.

I recognize and assume the risk inherent in running a road race. This release extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I understand it is a rain or shine event and that no refunds are granted. This race is unable to support wheeled vehicles.

\_\_\_\_\_  
Last Name First Name

\_\_\_\_\_  
Street Address

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Email Phone

Age on race day: \_\_\_\_\_ Gender:  M  F T-shirt: S M L XL

Race Choice:  25 K  10K walk/run  20 Mile  
How did you hear about us? \_\_\_\_\_

Return form and payment to the Chamber of Commerce • 214 N. Main Street • River Falls, WI • 54022 • Tel: 715.425.2533