2009 River Falls Days
10K/2 Mile Race/1K Fun Run
Saturday July 11th, 2009

Register by mail or online at www.active.com

Here for your health.

RIVER FALLS, ELLSWORTH & SPRING VALLEY MEDICAL CLINICS

RIVER FALLS AREA HOSPITAL

Where: **Race begins on West Cascade (by Dairy Queen)**
Registration inside the Glen Park Shelter

When: **Saturday, July 11th, 2009**
Race Day Registration - 7:00a.m. – 8:00 a.m.
10K and 2 Mile - Start at 8:00 a.m.; Course closes at 9:30 a.m.
1K Children's (Under 12 Years Old) Fun Run - Start at 9:15 a.m. in Glen Park

Course: **Majority Asphalt Roads**
A 10K Race Course Map can be found on www.rfchamber.com

Awards: **10K ~ 1st Place Overall Men/Women and Masters Men/Women**
1st- 3rd Place Age/Gender Categories: 15 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

2 Mile ~ 1st Place Overall Men/Women
1st-3rd Place Age/Gender Categories**:** 9 and under, 10-14, 15-19, 20+

Entry Fee: 10K and 2 Mile Run: Paid on/before Wednesday, July 8th, 2009 - $20* after $25
Children's 1K Fun Run: $10 (includes t-shirt and medal)
Immediate Family Rate: Paid on/before Wednesday July 8th - $50*; after $60
***Registrations by July 2nd, 2009 guarantees a River Falls Days race t-shirt**
***After July 8th - please bring form and payment directly to Glen Park on race day**
***Time Limit - 1 hour and 30 minutes**

2009 River Falls Days 10K, 2 Mile, and 1K Fun Run ~ Saturday, July 11th, 2009

Please print and fill out completely

First Name_____ Last Name_____ Age: ___ on race day

Address _____ Gender: F ☐ M ☐

City _____ State ___ Zip code _____ Phone ___–___–____

Race Entered: ☐ 10K ☐ 2Mile ☐ 1K Fun Run Shirt Size: Youth: S M L Adult: S M L XL

Amount enclosed: $_____ (Sorry, no refunds) ***Interested in helping plan this event in 2010? Y or N***

I understand that I am entering at my own risk and agree not to hold anyone liable in any way for any injury or problem that may occur.

Signature:_____ Date:_____
(Parent of Participant if under 18 Years Old):

RIVER FALLS
AREA CHAMBER OF COMMERCE
& TOURISM BUREAU

Send completed form and payment to: River Falls Chamber · RF Days Race · 214 N. Main St. · River Falls, WI 54022
For more info: (715)425-2533 • info@rfchamber.com • www.rfchamber.com