

Sunday July 14 2019-- CATFISH DAYS RUN/WALK-8:00am

Trempealeau, Wisconsin

Pre-registration: \$25 individual, Deadline July 8, 2019—SHIRTS & BUTTONS PRE REG ONLY
Registration: \$25 day of race - Registration fee. Check-in and registration on day of race 7:00-8:00 AM
At the base on Main Street

Course: 5K Run/Walk and 10K Run-Scenic course runs out and back to Perrot State Park.
Awards: Trophies awarded to Overall winners and 1st place runners in each age division. Medals for 2nd & 3rd places.

Age Groups: 12 & under, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70 & over, both male & female

Refreshments: Provided for all participants.

Race Results: Posted on Trempealeaulions.com

ONLINE REGISTRATION: <https://www.signmeup.com/site/reg/register.aspx?fid=YF2VYG7>

Entry Form (2012)

Please Print

Name: _____ Age (day of race) _____

Address: _____ Sex: M ___ F ___

City: _____ State: _____ Zip: _____

E-mail _____ Race: 10K _____ 5K _____

T-shirt size Small _____ Med. _____ LG. _____ XLG. _____ XXL _____ -add\$1

PRE REGISTERED ONLY DUE TO COSTS

In consideration of my signing this agreement, I hereby for myself, my heirs and administrators assume any and all risks which might be associated with the Catfish Days Run/Walk. I waive any and all rights and claims for injuries or damages which I may have against the organizers and sponsors of this event, their representatives, successors and assigns for any all injuries or damages of any kind whatsoever suffered by me as a result of taking part in the run and any related activities.

Signature

Date

Parent or guardian if under 18

MAKE CHECKS PAYABLE TO: TREMPEALEAU LIONS CLUB

MAIL TO: Glenn Brommerich Box 142 Trempealeau, WI 54661 or online

Any questions call Don Foley-783-6846 or donnyfoley@yahoo.com