

Trempealeau Catfish Days 5k and 10 Run/Walk Saturday July 9th 2022
Race start - 8:00 AM

GO TO: <https://runsignup.com/Race/WI/Trempealeau/Catfishdaysrun> for details, maps & on-line registration options.

REGISTRATION: Register by mail, or on-line at Runsignup.com. **Preregistration encouraged. Shirts & buttons guaranteed to preregistered participants only. A limited quantity of T-shirts MAY be available for an additional purchase on the day of the race but this is not guaranteed.** (Same-day registration \$25 / no shirt)
Shirt Entries WILL NOT be guaranteed if mailed after June 20th. Registration CAN be done on-line up to noon June 27th for guaranteed shirt orders and midnight July 6th for no-shirt registration. Event is not responsible for entries delayed or lost in transit.

LOCATION: Run/walk will start and finish at the base of Main Street (11321 Main St) Trempealeau, WI.

COURSE: A scenic out and back route along the mighty Mississippi & into beautiful Perrot Park.

AWARDS: Age groups: 12 & under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over.

START TIMES: **7:00 am to 7:45 am** - Same day registration for 5K/10K and packet pick-up. **8:00 am** – 5k and 10K Start Time.
Awards to follow.

ENTRY FEES: 5K or 10K Run/Walk WITH shirt 5K or 10K Run/Walk NO-shirt option
Post mark *on or before June 20th*: **\$25.00** Post mark *on or before June 29th*: **\$18.00** (no shirt option)

PACKET PICK-UP: Early packet pick-up available Friday July 8th from 5pm - 7pm at In The Making on Main, 11364 Main St, Trempealeau & Saturday July 9 at the base of Main Street (Race start/finish area) from 7:00 am - 7:45 am.

SEND ENTRIES TO: Trempealeau Lions Club ATTN: Catfish 5k/10k, PO Box 212 Trempealeau, WI 54661.
Or online at: <https://runsignup.com/Race/WI/Trempealeau/Catfishdaysrun>

CATFISH DAYS PARTICIPANT INFORMATION: Please print. List each participant on a separate form. Form May Be Duplicated.

RELEASE FORM: In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Event Director, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event, I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

As it applies to my participation in this race, I agree to abide by the Center for Disease Control (CDC)'s recommendations for the prevention of the spread of COVID-19 and attest to having read the CDC's guidance at: <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>. I also agree to abide by any COVID-19 distancing and other safety guidelines issued by the state, the community or by this race for my participation in this race.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes. This event follows the standard running industry policy: All entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that my entry fee is nonrefundable and bib numbers are non-transferable. By submitting this entry, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver including the no refund policy.

Signature _____ Date: _____ Parent/Guardian Signature _____ Date: _____
If participant under 18 as of 07/10/2021

First and Last name: _____ **Race Day Age:** _____ **Gender:** M / F

Parent Name: (if participant is under 18 yrs) _____ **Phone** (____) _____

Address: _____ **City:** _____ **Zip:** _____ **E-mail*** _____

Event: Catfish 5K SHIRT (\$25) Catfish 5K NO SHIRT (\$18) Catfish 10K SHIRT (\$25) Catfish 10K NO SHIRT (\$18)

Please note: Shirt Entries must be postmark on or before June 20th. Event is not responsible for entries delayed or lost in transit.

Entry Fee (see above): _____ **Short Sleeve T-shirt Size circle one if ordered:** ADULT: S / M / L / XL

Checks payable to: TREMPEALEAU LIONS CLUB.

Mail to: Trempealeau Lions Club ATTN: Catfish 5k/10k, PO Box 212 Trempealeau, WI 54661. **There are NO REFUNDS OR CREDITS.**

*E-mail used for Catfish Days Run updates, and information. It WILL NOT BE shared, sold or traded.