## **Coach Chuch Silvey Kids Mile**



## **Urbandale 4th of July 5K**

**Date:** Saturday, 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 - \$20.00 on or before Friday, July 3rd or

\$25.00 on July 4th.

5K Family Rate – each additional person \$10.00.

One person per entry form.

Please mail all family registrations together.

Kids Mile \$5.00 with a prize

Tot Trot – free

**Send Registration To:** Urbandale Parks and Rec, 3600

86th Street, mail before 6/28/15.

Fax 278-8356 Parks and Rec offices will not accept forms after 7/02/15 at 12:00 noon. Faxed in forms should pay on July 3rd at packet pick-up.

**On Line:** www.getmeregistered.com until noon 7/02/15

**On Site Registration:** Urbandale Park and Rec, 3600 86th Street, fax 515-278-8356 until noon 7/02/15

Late Registration & Packet Pick Up: Friday, July 3,

Lion's Park Shelter House, 4:00 – 7:00 p.m.

**Very Late Registration**: Saturday, July 4, 6:00 – 7:00 a.m. at Walker Johnston Park, 86th & Douglas, \$25.

Parking in Urbandale Library lot.

**Awards:** First 400 5K runners receive a T-Shirt and a 4th of July Button.

Kids Milers receive a prize, medal and no shirt.

Tot Trotters receive a ribbon. Winners and runnersup 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.

Complete 4th of July schedule found at:

http://uniquelyurbandale.com/city-of-urbandale-iowa/community-events-news/4th\_of\_july/

**Questions:** Contact Larry Jablonski at 515-276-4538 Fax

515-278-8356

Checks payable to: Urbandale 4th of July Celebration

Urbandale Independence Day Races Saturday, July 4th 2015		
Name (last name / first name) Entry Fo	rm 	Age on Sex Running  7-04-15 M/F 5K 1 mi
Mailing Address  City  State	Zip Code	7-04-15 M/F 5K 1 mi  Entry Fee (Payable to: Urbandale 4th of July 5 km 20 dollars
Birth Date Shirt Size - 5K only Students 2015- 2016 email addres  Grade: K 1 2 3 4 5 MS	s	(through Friday, July 3)  25 dollars (on Saturday, July 4)  10 dollars (subsequent family members)  1 mi  5 dollars (through Saturday, July 4)  Tot Trot - Free
In consideration of acceptance of the entry, I hereby release the City of Urbamdale, Fourth of July Committee, aid 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 (my child) have/ has attained a level of fitness sufficient to participate safely.	PLEASE NOTE: One person per entry? All boxes completed? Release signed? Correct amount paid?	
Date:Signature:	All family members mailed together?	Don't mail after June 27!!! No refunds