## **URBANDALE, JULY 4**

## INDEPENDENCE DAY

FitnessSports

**Date:** Monday, 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 Sunday, July 3rd

No 5K Registration 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 (can register on July 4).

Tot Trot – free

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

86th Street, mail before 6/28/16.

Fax 278-8356 Parks and Rec offices will not accept forms after 7/01/16 at 12:00 noon. Faxed in forms should pay on July 3rd at packet pick-up.

**On Line:** www.getmeregistered.com until noon 7/02/16

**On Site Registration:** Urbandale Park and Rec, 3600 86th Street, fax 515-278-8356 until noon 7/01/16

**Late Registration & Packet Pick Up**: Sunday, July 3, Lion's Park Shelter House, Urbandale 4:00 - 7:00 p.m. **No Race Day Registration:** *No 5K registration on July 4*. **Late Packet Pick Up:** Monday, July 4, 6:00 - 7:00 a.m.

at Walker Johnston Park, 86th & Douglas,

Parking: Available in the 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 Monday, July 4th 2016			
Name (last name / first name) Entry Foi	<u>m</u>	Age on Sex Running	
Mailing Address		7-04-16 M/F 5K 1 mi	
		Entry Fee (Payable to: <b>Urbandale 4th of July</b>	
City State	Zip Code	5 km Celebrations) 20 dollars (through Friday, July 1)	
Birth Date Shirt Size - 5K only Grade: K 1 2 3 4 5 MS  M L X	6	20 dollars (on Sunday, July 3) 10 dollars	
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?	(subsequent family members)  1 mi  5 dollars (through Monday, July 4)	
Date: Signature: MAIL TO: Urbandale Parks and Rec, 3600 86th Street, Urbandale, IA 50322 mail before 6/28/16	Correct amount paid? All family members mailed together?	Tot Trot - Free  Don't mail after June 27!!! No refunds	