

7:35 am
Start

15th Annual Apple River Run / Walk

Saturday, July 31, 2010

Tech
Shirts!

What: 10K Open – 5K Open – 2 mile / fun run / walk – 1 mile (kids)

Where: St. Anne School ~ 140 Church Hill Road ~ Somerset, Wis.

Times: Race Day Registration 6:00 - 7:20 a.m.
7:35 a.m. 10K, 5K and 2 mile health walk / fun run
8:30 a.m. Kids One Mile
Awards Presented at 8:45 a.m.

Entry Fee: Walkers - \$12 advance, \$15 race day
Runners - \$17 advance, \$21 race day
Kid's 1 Mile Race - \$6 no shirt, \$10 includes T-Shirt

Course: 2 Mile, 10K and 5K - certified courses
1 Mile (Kids), on school grounds

Awards: Kid's Race: Gold, Silver, Bronze for each age group:
Under 6; 7-8; 9-10; 11,12 & 13
10K & 5K - Gold, Silver, Bronze Medals
for men's & women's age divisions:
Pre-teen (5K only), Teens,
20s, 30s, 40, 50s, 60s, Over 70

Registration: Send completed form and check payable to:
Apple River Run
681 - 220th Avenue
Somerset, WI 54025

Information: Dave Belisle 247-5995

***Perks*:** Tech Shirts to Participants, Pancake breakfast,
Bananas, watermelon, coffee, juice & more!

Results can be found at: www.tnrrc.webs.com



Team 1 Realty
Dave Bracht
247-2395



WestfieldsTM
Hospital



Entry Form - 2010 - 15th Annual Apple River Walk / Run

Name _____ Age _____ M / F _____

Address _____ Phone _____

City _____ State _____ Zip _____

Email _____

10K Race _____ 5K Race _____ 2 Mile Walk / Run _____ Kids Race _____

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

"I certify that in accordance with the rules of USATF and the IAAF. I am eligible to compete in this event."

Signature: _____

Signature of Parent/Guardian if participant is under 18 yrs. of age: _____

Shirt Size: S _____ M _____ L _____ XL _____ No Shirt (Deduct \$4 if shirt is not wanted) _____

Youth Shirt Size: S _____ M _____ L _____ No Shirt _____