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<http://www.peshtigofire.info/firetower>

Saturday, September 23, 2006

- 18th ANNUAL -

Peshtigo Fire Tower Run/Walk

10K Run and 5K Run or Walk

Third and Final Leg of the *Tri-City Triple Challenge*.

- Starting Time:** **8:00 a.m.** (Early starting time to accommodate the Historical Day parade at 10:00.)
- Note:** Early registration is encouraged and greatly appreciated. Participants registered by 9/6 will be guaranteed their requested shirt size. All others will be handled on a first come/first served basis while supplies last.
- Event Description:** Both the 10K run & 5K-run/walk start in front of the Bulldog Stadium located on Emery Avenue in Peshtigo. Volunteers attend to well-marked courses, with time splits given at each mile marker. The 10K (6.2 miles) course follows along the Peshtigo River, through wooded trails to paved country roads and returns to the stadium where a lap around the track completes the event. The 5K (3.1 miles) run/walk course also follows along the river, circling back around Badger Park, and finishes inside the stadium.
- Rules:** Competitive walkers must have one foot on the ground at all times.
Runners can walk, but walkers cannot run!
- Water Stations:** At each mile mark along the 10K route and at two locations on the 5K run/walk. Water is provided courtesy of **Culligan Bottled Water** of Peshtigo.
- Refreshments:** Fresh fruit is provided courtesy of **Lee's Family Foods** of Peshtigo.
- T-Shirts:** A custom designed commemorative T-shirt is awarded to all participants. See note above.
- Awards:** Top 6 finishers overall male/female 5K walkers and top 3 finishers in each age group of 10K and 5K runs receive awards immediately following the finish of the event.
- Fees:** **\$13.00** in advance of September 23 - **\$15.00** day of registration. Proceeds to be shared with the Peshtigo Cross Country Program and the Peshtigo Historical Day Committee.
- Registration:** **6:30 a.m. - 7:45 a.m.** at Bulldog Stadium. Make checks payable to: **Peshtigo Historical Day**

2006 Fire Tower Run/Walk Entry Blank

(Check a box in each column).

<u>EVENT</u>	<u>AGE DIVISION</u>		<u>SEX</u>	<u>SHIRT SIZE (Adult Sizes)</u>	
<input type="checkbox"/> 10K Run	<input type="checkbox"/> 13 & under	<input type="checkbox"/> 40 - 49	<input type="checkbox"/> Male	<input type="checkbox"/> Small	<input type="checkbox"/> Large
<input type="checkbox"/> 5K Run	<input type="checkbox"/> 14 - 19	<input type="checkbox"/> 50 - 59	<input type="checkbox"/> Female	<input type="checkbox"/> Medium	<input type="checkbox"/> X-Large
<input type="checkbox"/> 5K Walk	<input type="checkbox"/> 20 - 29	<input type="checkbox"/> 60 +			
	<input type="checkbox"/> 30 - 39				

Age (runners only, day of the event) _____

First Name _____ Last Name _____ M.I. _____

Street Address _____

City _____ State _____ Zip _____

Send registration to: **Donn Morois, 460 Aubin Street, Peshtigo, WI 54157 - Phone 715-582-2875**
(Make checks payable to the Peshtigo Historical Day)

Release: Please read and sign. Unsigned forms will disqualify you from participating.

In consideration of your accepting this entry, I the undersigned, intending to be legally bound, contractually waive and release all rights and claims for damages I may have against the Peshtigo Historical Day Committee & Organizers, the City of Peshtigo, and their representatives for any and all injuries sustained by me as a result of my participation in this event. I attest and verify that I am physically fit and have sufficiently trained for this event.

Date: _____ Signature: _____

(parent or guardian if under 18)