

For More Info and Reg. Forms go to [www.indianheadtc.org](http://www.indianheadtc.org)

**The Mondovi Area EMS Presents....**

# The Mondovi Friendship Days EMS Run

Sunday, July 4th 2010 @ 8:30 a.m.

**5 Mile Run\* and 2 Mile Run/Walk-Walkers are Welcome/Encouraged!**

**(Simultaneous Start Time For All Participants)**

**\*PLEASE NOTE: The 5 Mile Race is "Runners Only".**

**LOCATION: Mondovi High School Football Field**

**(1 Block West of Mondovi High School)**

**REGISTRATION: 7:30 a.m. to 8:15 a.m. Cost is**

**\*\*\$15.00 on Day of Race, \*\*\$13.00 if \*Pre-registered.**

**\*Pre-registration guarantees appropriate sized shirt on the day of the race.**

**\*\*All proceeds benefit The Mondovi Area Ambulance Association.**

**COURSE: Through the Streets of Beautiful Mondovi!**

**2 Mile course is flat. 5 Mile course has some moderate hills.**



**AWARDS: 1<sup>st</sup> & 2<sup>nd</sup> Place for Each Age Division**

**13-under 14-19 20-29 30-39**

**40-49 50-59 60-over**

**All Participants will Receive a T-shirt.....Come Early to be Guaranteed a Shirt on the Day of the Race!**

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**!!For additional Reg. Forms go to [www.indianheadtc.org](http://www.indianheadtc.org) & click on the link to our race!!**

**\*REGISTRATION FORM—Please Print**

\*If Pre-registering, send this form and \$13 (payable to Mondovi Ambulance Service) to: Mondovi Ambulance Service  
156 S. Franklin St

Circle One: Male                      Female                      Mondovi, WI. 54755

Name \_\_\_\_\_ Age on Date of Race \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ Phone# \_\_\_\_\_

In Consideration of the of the acceptance of my entry, I, the undersigned, do hereby release any and all sponsors of this race, their representative, successors, and assigns, The City of Mondovi and their members, The Mondovi Area Ambulance Association, and all volunteers from any and all liability arising from illness or injuries I may suffer as a result of my participation in this race. I attest and verify that I am physically fit and have sufficiently trained for the competition of this race. I also understand that although police protection is provided, there may be traffic on the course route. I assume the risk of running in traffic. I have read the foregoing and certify my agreement by my signature below.

**Shirt Size: (Adult) S M L XL Other:                      Race: 2 mile run/walk \_\_\_\_\_ 5 mile run \_\_\_\_\_**

Signature \_\_\_\_\_ Signature \_\_\_\_\_

Participant

Parent or Guardian (if under 18)