



TORTOISE & HARE 5K



Presents: 5K Run/Walk ★ Free Kid's Run
Sunday, July 30th ★ 5k Run/walk 7pm Phoenix Park ★ Eau Claire, WI
Kid's Fun Run 6:30 pm

Day of registration and Bib/Race Shirt Pick-Up: 3:30 pm. No Pre-registration is necessary for the kids run.

Entry Fee - \$30 for registration. A \$5.00 discount is given to ITC members and to non-members who register by July 17th. Participants will receive a performance T-shirt. Registration by July 17th guarantees a T-shirt on race day.

A portion of the proceeds will go to support the Pinehurst Project.



The vision for the Pinehurst Project is to create a local destination for Chippewa Valley residents of all ages to sled, snowboard, ski, tube, and mountain bike. Currently there is no such facility within 50 minutes of Eau Claire. They want to create a place where kids can have fun and are active outside in winter; a place to compete among friends; a place that will become a year-round action sports gathering place. For more information visit <http://www.pinehurstpark.org/> for more information.

Awards - Awards will be given to the first place overall male and female finishers, as well as the top three male and female finishers in each age group.

Course – The USATF certified out and back course and will be chip timed

Mail Entry To: Traci Messner, 337 Jefferson St., Eau Claire, WI. 54701

Make Checks Payable To: Indianhead Track Club **(Please No Cash.)**

For more information: (715) 214-4861, or email to rmessner7057@charter.com

<input type="checkbox"/> Male <input type="checkbox"/> Female	Date of Birth: _____	Shirt Size: <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL
<input type="checkbox"/> \$25 (ITC member by July 17th) <input type="checkbox"/> \$30.00 (Non-member registration by July 17 th) <input type="checkbox"/> \$35.00 (after July 17th)		
<input type="checkbox"/> Yes, I'd like to donate \$ _____ to The Pinehurst Project		

Name _____ Phone _____ Email _____

Address _____

City/State/Zip _____

In consideration of your acceptance of my entry, I the undersigned, intending to be legally bound, hereby, for myself, my heirs, executors, and administrators waive and release any and all rights and claims for damages against the Indianhead Track Club and all other sponsors and their representatives, successors, and assigns, City of Eau Claire, and their employees, for any and all injuries suffered by me in this event and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the competition and completion of this event and that my physical condition has been verified by a licensed Medical Doctor. I hereby grant full permission to any and all of the foregoing to use any photographs, video-tapes, motion pictures, recordings, or any other record of this event for any legitimate purpose without financial remuneration to me or my heirs or assigns.

Signature _____ Date _____

Parent or Guardian Signature (if under 18) _____ Date _____

Online Registration Available at <https://runsignup.com/Race/WI/EauClaire/TortoiseHare5K>