The Mondovi Area EMS Presents.

The Mondovi Friendship Days EMS Run

Friday, July 4th 2008 @ 8:30 a.m.

5 Mile Run and 2 Mile Run/Fun Walk
Walkers are Welcome and Encouraged
(Simultaneous Start Time For All Participants)

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: 1st & 2nd 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!

***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
Mondovi, WI. 54755

Circle One: Male Female

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_____ 5 mile_____**

Signature_____ Signature_____
Participant Parent or Guardian (if under18)