

# HORICON NATIONAL WILDLIFE REFUGE CELEBRATION 5K RUN/WALK

**Saturday, October 10, 2009**

LOCATION: Horicon Marsh TernPike Auto Tour Route at Horicon National Wildlife Refuge, #5445 Hwy 49, about three miles east of Waupun, **FREE PARKING** This event is part of National Wildlife Refuge Week and celebrates the Refuge System. All proceeds to benefit the Friends of Horicon National Wildlife Refuge. Open house at the Visitor Center with free drawing and activities.

**9:00 a.m. – 9:45 a.m.** Registration:      **10:00 a.m.** Start 5K Run/Walk      **11:15 a.m.** Awards Ceremony (approximate)

**ENTRY FEES: Pre-registered:** Ages 12 and under: **FREE** (with long-sleeve shirt - \$8.00). 13 and Over: **\$16.00** (Long-sleeve T-shirt included). T-shirts guaranteed to those registered by October 2, 2009.

**Race day: Add \$3.00 to all entry fees.**

**AWARDS:** Special awards will be presented to the first place male and female finishers in the 5K Run and 5K Walk. 5K run awards will be 3 deep in both male and female categories in the following age groups: 19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over. 5K walk awards will be 3 deep for both male and female in the following age groups: 34 & Under, 35 & Over.

**REFRESHMENTS:** Water, fresh cider, and apples with caramel dip.

**COURSE:** The race will begin and end near the main parking lot. The paved course is closed to traffic and accurately measured. There will be mile markers, and a water station. Restrooms are fully accessible.

**REGISTER:** Make checks payable to: Friends of Horicon National Wildlife Refuge and mail with the entry form to: Liz Roy, N5806 Esterbrook Rd, Fond du Lac, WI 54937.

**INFO:** Liz Roy at (920) 921-2281 (after 6 p.m.) Web sites <http://www.fonddulacrclub.com>, or <http://www.fws.gov/midwest/horicon/> Results posted on [www.fonddulacrclub.com](http://www.fonddulacrclub.com) two weeks after event.

**THANK YOU:** Fond du Lac Running Club, Friends of Horicon National Wildlife Refuge, U.S. Fish and Wildlife Service

## -----OFFICIAL ENTRY FORM AND WAIVER-----

I know that participating in a road race is a potentially hazardous activity. I should not enter and participate unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic, and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the Fond du Lac Running Club, Friend of Horicon National Wildlife Refuge, US Fish and Wildlife Service, Department of Interior, Federal Government, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, recordings, or any other of this event for any legitimate purpose.

\_\_\_\_\_ **Date** \_\_\_\_\_

**Signature of Runner/Walker (Parent or Guardian if under age 18)**

(PLEASE PRINT CLEARLY)

**NAME:** \_\_\_\_\_ **SEX:** Male \_\_\_\_\_ Female \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_ **AGE (as of 10/10/09):** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP CODE:** \_\_\_\_\_

**PHONE:** (\_\_\_\_) \_\_\_\_\_ **E-mail address:** \_\_\_\_\_

**PLEASE CIRCLE: Shirt size, event, and entry fee**

**ENTRY FEE:**    no shirt    w/shirt    race day

**12 & UNDER:**    FREE        \$8        add \$3

**13 & OVER:**     NA           \$16       add \$3

**SHIRT SIZE:** Adult sizes only

Small    Medium    Large    X-Large

**EVENT:** 5K Run    5K Walk\*

**\* WALKERS MUST WALK!!      ONLY ONE PERSON PER FORM - FORMS MAY BE DUPLICATED**