

If you've ever wanted to run or walk for a cause, this one just might be it! We run for those who can't. All proceeds for this run go to Free Wheelchair Mission to provide mobility to those who most need it. Please visit them at

www.freewheelchairmission.org

Sign up on line at www.freewheelingrun.com



Free T-shirt for 10k -5k

Free AccelGel



Free 4x6 Race Photo For Any Runners The Storytellers Capture

10k, 5k Run and 1 Mile Fun Run

Saturday, June 11th 8:00 am start. Start and finish line at The Athlete's Foot in Eagle 1580 E. State St. at the Clocktower Bldg

<p>Packet pick-up 4:00—7:00 pm Friday, June 10th or Day of race 7:00-7:30 1580 E.State St The Athlete's Foot in Eagle Race starts 8:00 am Course closed at 10:00 am</p>	<p>Run through the heart of Eagle on Eagle Fun Days. Super fast course. Chip timed with Spondoro racing. Overall and age group winners for 1st, 2nd, and 3rd place.</p>	<p>Great 1 mi. fun run for the family or the kids! Starts and finishes at The Athlete's Foot. (1 mi. run is not chip timed)</p>
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10k, 5k registration fee \$30 on line or post marked before June 1st - Late registration June 1st – day of race **\$40**

1Mile Fun Run registration fee \$12 before June 1st --Late June 1st day of race **\$15**

Completion ribbons for 1 mile fun run – event not timed. No shirts for fun run. Late registrants are not guaranteed a shirt.

Name _____
 Email _____
 Address _____ Phone _____
 City, St. Zip, _____ Shirt size, Tech T-shirt XS ___ S ___ M ___ L ___ XL ___ XXL ___
 Sock size M ___ L ___

M ___ / F ___ Age on June 11th 2011 _____ Age groups: up to 19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and up

Before June 1st 10k ___ \$30 5k ___ \$30 1mi fun run ___ \$12 if before Jun 1st

(Late Reg. from June 1st-June 10th 10k ___ \$40 5k ___ \$40 1 mi fun run ___ \$15)

Please note: No shirts for the 1 mile fun run... Free 4X6 photo for as many runners as Storytellers can capture

Mail registration to: Free Wheeling 10k, 5k & 1 Mile Fun Run, 1580 E. State St. #102, Eagle, ID 83616

LIABILITY WAIVER PLEASE READ AND SIGN

By signing this registration I certify that I (or my child under the age of 18) is capable to participate in this event. Participants understand that recreational activities such as this 10k, 5k and or 1 mile fun run do involve inherent risks. I do understand that by signing the form I am assuming any and all risk for any health or injuries that could result due to this activity. At no time do I or can I hold The Free Wheeling Run or any of its sponsors and/or volunteers either liable or responsible for illness, injuries, or for loss or damage to personal property. I understand the risks of such an event. I further assume and will pay my own medical expenses in the event of an accident, illness, or other incapacity regardless of whether I have authorized such expense. I understand that I will be running on public roads and although the Freewheeling Run committee has taken measures to insure the safety of all participants I am ultimately responsible for my own welfare and safety. I understand that in the case of a lost race chip, a \$75 fee will be assessed.

Racer signature _____ Parent signature (if under 18) _____