



McDONALD'S "Freedom Days" FUN RUN

Sunday, July 4th, 2010

2 Mile and 5 Mile Races - both begin at 8:00 a.m.

"Half-Pint Half-Mile" to follow 2 & 5-Miles - Approx. 9:30 a.m.

Hayes Park/A.V.C.C/, 14603 Hayes Road - Apple Valley
3rd leg of the Groundpounders Grand Prix Series

RACE CATEGORIES (2 & 5 mile):

14 & Under; 15 - 19; 20 - 29; 30-39;
40 - 49; 50 - 59; 60-69; 70 & Older

AWARDS: Awards will be given to the top 5 male & female finishers in each age category of the 2-mile & 5-mile, trophy to 1st place, medals to 2nd-5th.
½ Pint ½ Mile - all participants receive a ribbon; ages 10 & Under only!!!

There will be a limited number of t-shirts available on a first come, first serve basis, sponsored by McDonald's.

FEES:

"Half-Pint Half-Mile": FREE RACE!!!
Register at the race site on July 4th...

2-Mile and 5-Mile races:

Pre-registered (by 10 p.m., Wednesday, June 30)

Race Only	\$7.00	*2 & 5-Mile Races
T-shirt & Race	\$15.00	will be chip-timed!

****Save yourself some money and pre-register!

Race Day (Sunday, July 4; 6:30-7:45 a.m. only)

Race Only	\$14.00	*2 & 5-Mile Races
T-shirt & Race	\$22.00	will be chip-timed!

PRE-REGISTRATION

Mail in registrations must be sent to Apple Valley City Hall, 7100 147th Street West, Apple Valley, MN 55124. Registrations may be **dropped off** at the Apple Valley Community Center, 14603 Hayes Road. NO PERSONAL CHECKS ACCEPTED - cash, Visa/Mastercard, money orders, cashier checks ONLY! Entry fees are non-refundable. (No "pre-registrations" taken after Wed., 6/30/10 @ 10 p.m.; then you can only register at the race on 7/4/10, 6:30-7:45am)

RACE DAY REGISTRATION/CHECK IN

6:30 - 7:45 a.m. in the A.V.C.C, 14603 Hayes Road. Both 2 & 5-mile races begin at 8:00 a.m. SHARP! Races will start and finish behind the Hayes Building. The "1/2 Pint 1/2 Mile" will begin at approximately 9:30 a.m. (after the 2 & 5 Mile races finish)

SPONSORS: Apple Valley Parks and Recreation; McDonald's of Apple Valley; Runner's Gate of Lakeville; Life Wellness Center, and Bruegger's Bagels of Apple Valley.

QUESTIONS? Call Apple Valley Parks & Recreation at 952-953-2300.

McDonald's "Freedom Days" Fun Run - PRE-REGISTRATION only - due by 6/30/10 @ 10PM

NAME _____ Race: 2 Mile _____ 5 Mile _____
 ADDRESS _____ CITY _____ ZIP _____
 E-MAIL ADDRESS: _____
 PHONE () _____ AGE (As of May 1, 2009) _____ GENDER: F _____ M _____
 T-SHIRT SIZE: SM _____ M _____ L _____ XL _____ XXL _____ XXXL _____ (Adult Sizes Only)
 REGISTRATION FEE: **\$ 7.00 - Race only** **PAID** (check one - **CHECKS NOT ACCEPCTED!**)
 (circle one) **\$15.00 - Race & T-shirt** CASH or Money Order: _____; *CREDIT CARD: _____
 (while supplies last) *CREDIT CARD # = _____
 *Circle One: Mastercard/Visa; Exp. Date: _____

HOLD HARMLESS AGREEMENT

As lawful consideration for being permitted to participate in the "Freedom Days" Fun Run, a program of the Apple Valley Parks and Recreation Department, I on behalf of myself agree that the Apple Valley Parks and Recreation Department shall be held harmless and will not be liable for any injury or disability which I or any member, employee or participant of the said activity incur as the result of the said program, due to the passive or active negligence of the city, its agents or employees. This release of liability of the Apple Valley Parks and Recreation Department does not include any injuries that I or any member, employee or participant of the said program incur as the result of willful, wanton or intentional misconduct by the Apple Valley Parks and Recreation Department, its agents, sponsors, or employees. This agreement is specifically binding on my spouse, heirs and assigns, and the spouses, heirs and assigns of any member, employee or participant of the said program.

Signature _____ *Co-signature _____
 *By parent if runner is under 18 years of age.

FOR OFFICE USE ONLY - RACE OR CHIP NUMBER: _____ **COLOR:** _____

McDonald's "Freedom Days" Fun Run - Race Day Registration-7/4/10; 6:30-7:45 AM

NAME _____ Race: 2 Mile _____ 5 Mile _____
 ADDRESS _____ CITY _____ ZIP _____
 E-MAIL ADDRESS: _____
 PHONE () _____; AGE (As of May 1, 2009); _____ GENDER: F _____ M _____
 T-SHIRT SIZE: S _____ M _____ L _____ XL _____ XXL _____ XXXL _____ (All Adult Sizes)
 REGISTRATION FEE: **\$ 14.00 - Race only** **PAID:**
 (circle one) **\$22.00 - Race & T-shirt** (while supplies last) **CASH ONLY - No checks accepted!**

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As lawful consideration for being permitted to participate in the "Freedom Days" Fun Run, a program of the Apple Valley Parks and Recreation Department, I on behalf of myself agree that the Apple Valley Parks and Recreation Department shall be held harmless and will not be liable for any injury or disability which I or any member, employee or participant of the said activity incur as the result of the said program, due to the passive or active negligence of the city, its agents or employees. This release of liability of the Apple Valley Parks and Recreation Department does not include any injuries that I or any member, employee or participant of the said program incur as the result of willful, wanton or intentional misconduct by the Apple Valley Parks and Recreation Department, its agents, sponsors, or employees. This agreement is specifically binding on my spouse, heirs and assigns, and the spouses, heirs and assigns of any member, employee or participant of the said program.

Signature _____ *Co-signature _____
 *By parent if runner is under 18 years of age.

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