

North Sioux City Daze Race


5K Run/1 Mile Walk

Race Day ~ August 1, 2009 starting time ~ 8AM

Adam's Nature Area

McCook Lake, SD

Awards: Male and Female 1st place winners in the 5K run for the following age groups:
14 and under; 15-19; 20-29; 30-39; 40-49; 50 and over

 Participants will receive a North Sioux City Daze T-shirt

Race Day Registration: begins at 6:30am at the Nature Area.

Cost is \$15 for runners and \$10 for walkers, if registered by July 24th. After July 24th, 2009 5K entries are \$20 and the 1 mile walk is \$15. Make checks payable to: **Panther Pride**.

For more information or questions, please call Tiffany Wendling at 605-422-1921.

Fill out the entry form below and mail to:

North Sioux City Daze Run
c/o Tiffany Wendling
813 Brookside Dr.
Jefferson, SD 57038



All proceeds will benefit the Dakota Valley High School Cross Country and Track & Field teams



North Sioux City Daze 5K/1 Mile Walk Entry Form

Name _____ Age _____ Sex _____

Address _____

City _____ State _____ Zip _____

Phone _____

T-Shirt Size (circle one) S M L XL XXL

Please circle (if you are also signed up for) Flag Football and/or 3 on 3 Basketball Tournament!

In consideration of the acceptance of my entry, I for myself, my executors and assignees, do release and discharge the sponsors and coordinators of this race from all claims of damages, actions and causes of actions, whatsoever, in any manner arising or growing out of my participation in said athletic event. I hereby attest that I am physically fit and able to participate in this race/walk.

Signatures _____ Date _____

Parent's Signature (if under 18) _____ Date _____