31st Annual Lake Monona 20km Run

Date: **May 02, 2009** **Time: 9:00 a.m. (Registration begins at 7:30 a.m.)**

Location: **Winnequah Park, 1041 Nichols Rd, Monona, WI 53716**

Cost: **$25.00 before 4/1/08** **$30.00 after 4/1/08 til 5/2/08** **$35.00 (Race Day)**

****First 575 receive Technical T-shirts. Sizes guaranteed to those registered before April 1st****

Registration and Early Packet Pick Up at Fleet Feet Madison Friday, May 1st Noon – 7pm.

Register in person or mail to:
(Also available at www.active.com)

Fleet Feet Sports Madison
8440 Old Sauk Rd
Middleton, WI 53562
(608) 833-9999

********PLEASE MAKE CHECKS PAYABLE TO; RACE DAY EVENTS LLC.********

Questions: Race Day Events, LLC - Ryan Griessmeyer (608) 444-2261 or ryan@racedayeventsllc.com

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Please Print:

Last Name:_____ First Name:_____

Street Address:_____

City:_____ State:_____ Zip:_____

Telephone #: ( )_____ E-mail:_____

Age:_____ **Birthdate (mm/dd/yy)**: ____/____/____ **Sex**: M or F **T-shirt**: XS S M L XL

I know that running a road race is a potentially hazardous activity. I should not enter and run 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 running in this event including but not limited to falls, contact with other participants, the effects of weather, including high heat, cold and/or humidity, traffic and conditions of course roads. All these risks are known and appreciated by me. I hereby consent to receive treatment in the event of my injury, accident or illness during the event, at my expense. I understand I may be photographed at this event or during related activities, and I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the race or its assigns. Having read this waiver and knowing these facts, and in consideration of your excepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Race Day Events, LLC, Fleet Feet Sports, race officials, volunteers, the cities of Monona and Madison, or any other branch of government or any landowner administering the lands over which this event will be run, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____ **Date:** _____

Parent or guardian (if under 18): _____

FOR RACE USE: Bib #_____