

Roxbury Rural Run 5K & 10K and 5K Walk

Race Start: 9:15 AM

Age Divisions, Male and Female:

0-14	15-19	20-24	25-29	
30-34	35-39	40-44	45-49	
50-54	55-59	60-64	65-69	70+

Results and Awards: Awards for first place runners in each division (male and female). Prizes will be given to the fastest overall male and female.

Kids Country Mile & Half Pint Half Mile

KCM 1 Mile Road Race Race Start: 8:15 AM

Age Divisions, Boys and Girls: 6-8 9-11

Results and Awards: Awards for top three finishers in each division (male and female). Participation ribbons for all.

Half Pint Half Mile Start: 8:30 AM

Ages 5 and under. Half mile course on the grounds; participation ribbons for all.

Chip Timing by Apple Raceberry JaM

Results for RRR and KCM will be posted onsite and available online at www.raceberryjam.com.

Location for All Races

The Dorf Haus Supper Club
8931 Hwy Y, Sauk City WI 53583

Directions

From Madison, USH 12 toward Sauk City. Right on County KP. Left on County Y. From Wis Dells, USH 12 through Sauk City. Left on County Y.

Park and Ride

Continuous shuttle from the Park and Ride at Hwy 12 & 188 from 7AM to 9AM. Return shuttle all morning.

On the web at www.spmh.org

General

Registration 7:30AM to 9:00AM, closing at 8:00AM for the KCM and 8:15AM for the Half Pint Half Mile.

Post Race Refreshments

Toilet facilities available onsite.

No Pets in race or on grounds, for safety's sake.

Pre Registration

Completed entry form with check(s) payable to
SPMH Foundation
80 First Street
Prairie du Sac WI 53578
(608)643-7226 or foundation@spmh.org

register online @ 

Receipts will not be mailed.
All pre-event communication will be via email.



Entry Fees (Non refundable)

Roxbury Rural Run: To April 20 - \$20 w/T-shirt
After April 20 - \$25, T- shirt subject to availability

Kids Country Mile: To April 20 - \$5 w/T-shirt
After April 20 - \$5, T- shirt subject to availability

Avoid the last-minute rush – Pre-Register!

Event Sponsors

Prairie  Clinic



See our T-shirts for our other fine sponsors.

USE SEPARATE ENTRY FORM FOR EACH PARTICIPANT. DETACH AND RETURN WITH PAYMENT. PRINT NEATLY AND FILL OUT COMPLETELY.

Last First Gender F M Age on May 5 ST Zip

Address City

Phone E-mail

Event Walk (5K only) 5K Run 10K Run Adult Shirt Size (Walk, 5K & 10K) S M Large XL XXL
 Kids Country Mile Half Pint Half Mile Youth Shirt (Kids Runs) XS S M L XL

Make checks payable to SPMH Foundation. Amount Enclosed Please do not send cash through the mail.

WAIVER AND RELEASE OF LIABILITY: The undersigned assumes all liability and responsibility for costs and losses incurred, and agrees to be solely responsible for any costs, expenses, losses or damages, including incidental losses and damages, resulting from my participation in the stated programs, events or activities, and including any conditions or injuries that I may sustain during such programs, events or activities. I FURTHER AGREE to abide by the rules of the sponsoring association, entity or organization, and the hosting association, entity or organization and all other rules established by the organizers, sponsors and hosts. I release, discharge, hold harmless and/or otherwise indemnify Sauk Prairie Memorial Hospital and Sauk Prairie Memorial Hospital Foundation, Ltd., its employees, agents, directors, sponsors, supporters, volunteers and any other personnel involved in such programs, events and activities against any claim by or on behalf of the undersigned as a result of my participation in the programs, events and activities or while being transported to or from the same.

I understand that the entry fee is non-refundable and non-transferable. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

Signature

(signature of parent or guardian if participant is under 18)

Sauk Prairie Memorial Hospital Foundation

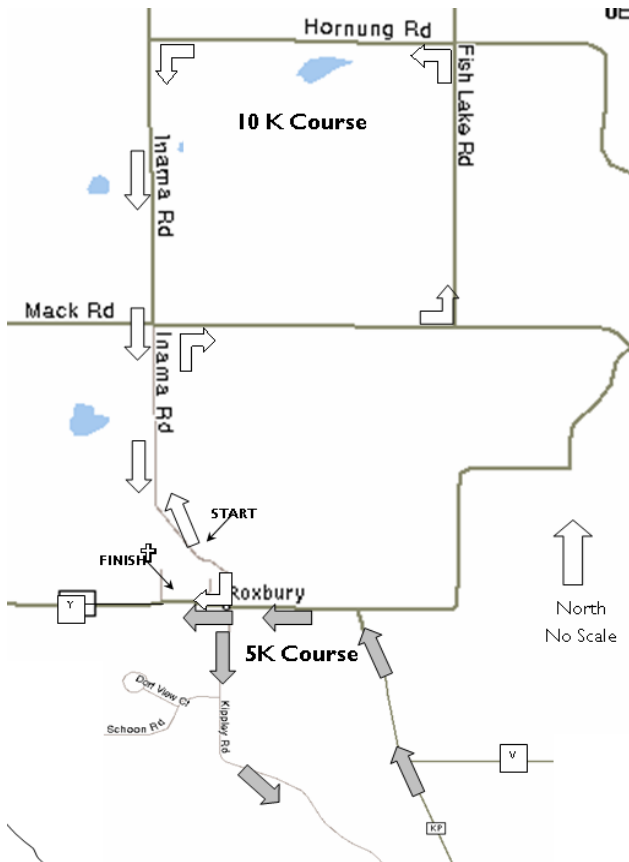
— *Growing Healthy Communities* —

Proceeds from this event are used to advance the hospital's mission of 'extraordinary health-care from the heart — one person at a time.'

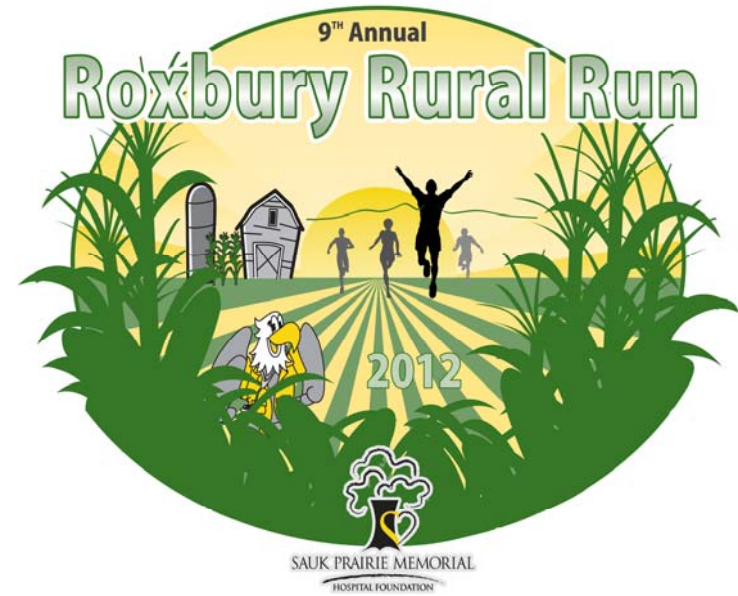
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53578

5K & 10K Course Map

Enjoy a peaceful morning in scenic north-western Dane County. Walkers and runners alike appreciate the gently rolling hills and beautiful rural setting.



Sauk Prairie Memorial Hospital Foundation
80 First Street
Prairie du Sac WI 53578



Saturday, May 5, 2012

- 5K Walk/Run**
- 10K Run**
- Kids Country Mile**
- Half Pint Half Mile**

