

# TROT FOR TROOPS 5K

**WWW.TROTFORTROOPS5K.COM**

## WHAT

Chipped timed 5K Fun Run / Walk (3.1 Miles)

The Kids Quarter (1/4 mile timed race)

## WHEN

8:00 AM Saturday, September 9<sup>th</sup> 2017

## WHERE

Riverside Park West Bend, Wisconsin

## EVENT HIGHLIGHTS

The 5K Run / Walk will start and finish from the N. Field of Riverside Park south of the Gehl Company.

## ENTRY FEES

Pre-Registration entry with T-Shirt \$25.00

Kids Quarter Mile: \$8.00 (10 & under please)

Race Day entry \$30.00 (T-Shirt not guaranteed)

## PRE-REGISTRATION

Pre-Registration Deadline 31 August 2017

Pre-Registration entries may be sent to:

PO BOX 562  
West Bend, WI 53095  
Attention: Jodi Brandt

## RACE DAY INFO

Registration time: 0645-0745 AM

Race Start: 0800 AM Sharp

Kids Quarter Mile: 0900 AM

Awards Ceremony: 0915 AM

## KIDS QUARTER MILE

This is a kid friendly race around Riverside Park. All kids will be timed so they can see their results on race day just like the adults. All preregistered kids will get a Race T-Shirt and a coveted Trot for Troops 5K Dog Tag.

## AWARDS

Overall Male and Female

Largest Formed Team Award

Top 3 Finishers Male and Female per Age Group

Age Groups:

14 and Under

15-19

20-29

30-39

40-49

50-59

60-69

70 and above

## ADDITIONAL INFORMATION

This 5K is being held as a benefit for local soldiers and their families. 100% of the proceeds will be distributed to the groups that exist supporting the units stationed in West Bend.

## REGISTRATION FORM

Please fill out the registration form on the back of this sheet

# TROT FOR TROOPS 5K

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First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Age (on Race Day) \_\_\_\_\_ Male ☐ Female ☐

Address \_\_\_\_\_ Team Name \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Phone # \_\_\_\_\_ Email Address \_\_\_\_\_

## T-Shirt Size:

S ☐ M ☐ L ☐ XL ☐ XXL ☐ NO SHIRT ☐

Child S ☐ Child M ☐ Child L ☐

## REGISTRATION:

☐ Individual 5K Registration: \$25.00

☐ Kids ¼ Mile: \$8.00

☐ Race Day Registration: \$30.00

☐ Check Enclosed- make payable to:

**Trot for Troops 5k  
PO BOX 562  
West Bend, WI 53095**

**Y / N** Are you/spouse current or former military?

## WAIVER AND RELEASE STATEMENT: All Runners/Walkers must read and sign.

I know that running a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry to participate in the Trot for Troops 5K (herein after the "Event") to be held on September 9<sup>th</sup> 2017 in West Bend, Wisconsin, I, intending to be legally bound, do hereby for myself, my heirs, my executors and administrators agree as follows:

1. I do waive and forever release any and all rights and claims for any damages and liabilities of any kind arising out of my participation in the Event against all persons, entities and agencies involved with promoting and holding the Event, including but not limited to the Wisconsin National Guard, all sponsors, volunteers and vendors of the event, their agents, successors, representatives and assigns even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.
2. I assume the risk of all bodily injuries, including death, resulting there from, and personal injuries to me and damage to and loss of my property, including loss of use thereof and any other indirect or consequential damages, resulting directly or indirectly, wholly or in part, from my participation in the Event and while traveling to and from the Event.
3. I hereby agree, for myself and/or for a minor under the age of eighteen for whom I am signing, to indemnify, defend, and hold the entities named above harmless from and against any and all claims, liabilities, losses and damages, costs, expenses (including attorney's fees) judgments and penalties arising out of any of my, and or said minors, acts or omissions to act:
4. I understand that the Event reserves the right to use any and all participant's names and/or likeness with regard to promotional and/or advertising materials.
5. I understand that all entry fees are non-refundable and if I do not show up to the Event I will forfeit my T-shirt if one was guaranteed.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_