



9th Annual 5k Run/Walk
& 1k Kids Run

Saturday
October 12th, 2019
at



N1189 Quarter Road
Merrill, WI 54452

Please join us for a fun and festive fall run to help support Wisconsin Valley Athletic Medicine by participating in the 2019 Leaf Pile Annual Event.

Funds raised from the race help to provide free baseline concussion tests to our local student athletes

All 5k and 1k participants receive a complimentary wristband for same day entry to Helene's to enjoy a hayride, corn maze, cow train, and play area

Complimentary beverages from Sawmill Brewing Co.

event overview

- 5K Run/Walk through Helene's Hilltop Orchard, LLC
- 1K Kids Race
- Chip timing with official race results posted
- Awards for top three places male/female and age group awards
- Door prizes from local businesses
- Water and aid stations

schedule of events

- Saturday, October 12th, 2019
- 7:45 am - 8:30 am Race Day Registration
- 8:45 am Pre-Race Instructions
- 9 am 5K Race Starts, 10 am 1K Race Starts
- Post-Race Awards and Ceremony, Refreshments for all participants.



Wisconsin Valley Athletic Medicine



N1189 Quarter Road
Merrill, WI 54452

course map

The 5k course will start at the orchard and proceed out to the local roads before finishing with a scenic loop through the orchard.

The 1k course will go through the apple orchard.

Strollers are welcome, but the path through the orchard has pebble roads.

Please, no pets allowed

race registration

5k Run/walk

- \$25 before September 27th
- \$30 after September 27th and on Race Day Registration.
- 5k runners are guaranteed a long sleeve t-shirt if registered by the 27th
- T-shirts available to late registration as supplies last.

T-shirt size:

Adult — S M L XL XXL
Youth — L XL

1k Kids Run

- \$10
- Includes post race medal

Online registration available at
www.tandhtiming.com



need more info?

Contact Andy at Sport & Spine Clinic
adavis@usphclinic.com
715.359.8465

race registration

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Age: _____

Date of Birth: _____

Gender: M / F

- T-shirts available to late registration as supplies last.

T-shirt size:

Adult — S M L XL XXL

Youth — L XL

1k Kids Run

• \$10

- Includes post race medal

WVAM

Wisconsin Valley Athletic Medicine

Sport & Spine
PHYSICAL THERAPY

Merrill PT

ASPIRUS
WESTON CLINIC

BONE & JOINT



Assumption of Risk and Liability Waiver

I acknowledge and understand that participating in a running/walking race is a potentially hazardous activity. I acknowledge that I should not enter this event and run/walk unless I am medically able to do so 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 weather, traffic, and course conditions, all such risks being known and understood by me.

I hereby acknowledge and understand that WVAM and Helene's Hilltop Orchard, LLC assumes no responsibility or liability with regards to my participation in this event. Having read this waiver in full and acknowledging my understanding of its intent and purpose and in consideration of exercising my option to participate in this event, I on behalf of myself and on behalf of any participant of which I have legal responsibility, do hereby release and discharge WVAM, Helene's Hilltop Orchard, LLC, and all sponsors, representatives (including event volunteers), agents and employees of any of them, from claims or liability for damages, even if the damages or injuries are alleged to have risen in full or in part by or due to the negligence of WVAM, Helene's Hilltop Orchard, LLC, its representatives, agents, volunteers, sponsors or employees thereof.

Name: _____ Date: _____

gold sponsors

gf GRAY LAW FIRM, S.C.
WORKER'S COMPENSATION PERSONAL INJURY SOCIAL SECURITY DISABILITY

Hot 96.7
TODAY'S HOTTEST HITS

hatterbox
harities

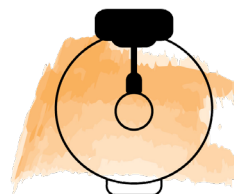
ESPN SPORTS FAN 100.5

103.3 WGLX
Classic Rock

HOPE IS HERE
89.5 FM 89Q

FOX
WZAW · WAUSAU

Sunny 1230 AM
1230 WHCA.com



Thousand Lumens Productions

WISCONSIN'S BIG cheese
107.9 FM Radio

Y106.5
Today's Best Country

silver sponsors



Szmanda
Dental Center

