



HORICON NATIONAL WILDLIFE REFUGE CELEBRATION 5K RUN/WALK

Saturday, October 12, 2019 – Horicon Marsh



LOCATION: Horicon TernPike Auto Tour Route at Horicon National Wildlife Refuge, about three miles east of Waupun, N5445 Hwy 49. **FREE PARKING** This event is part of National Wildlife Refuge Week and celebrates the Refuge System. All proceeds to benefit the Friends of Horicon National Wildlife Refuge. Open house at the Visitor Center with free drawing and activities.

9:00 a.m. – 9:45 a.m. Registration **10:00 a.m.** Start 5K Run/Walk **11:15 a.m.** Awards Ceremony (approximate)

ENTRY FEES: **Pre-registered:** Ages 12 and under: **FREE** (with l-s Performance shirt - \$15.00). 13 and Over: **\$25.00** (l-s Performance shirt included). **T-shirts guaranteed to those registered by September 27, 2019.**

Race day: Add \$5.00 to all entry fees.

AWARDS: Special awards will be presented to the first place male and female finishers in the 5K Run and 5K Walk.

5K run awards will be 3 deep in both male and female categories in the following age groups:

19 & Under, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over. **5K walk awards** will be 3 deep for both male and female in the following age groups: 34 & Under, 35 & Over.

REFRESHMENTS: Water, fresh cider, and apples with caramel dip.

COURSE: The race will begin and end near the main parking lot. The paved course is closed to traffic and accurately measured. There will be mile markers, and a water station. Restrooms are fully accessible.

REGISTER: Make checks payable to: Friends of Horicon National Wildlife Refuge and mail with the entry form to: Liz Roy, N5806 Esterbrook Rd, Fond du Lac, WI 54937.

INFO: Liz Roy at (920)921-2281 (after 6 p.m.) Web sites: <fdlrc.org >, <http://www.horiconnwrfriends.org> Results posted on **fdlrc.org** two weeks after event.

THANK YOU: Fond du Lac Running Club, Friends of Horicon National Wildlife Refuge, U.S. Fish and Wildlife Service, Rainbow Screen Printing, Inc., and Custom Faberkin Inc.

-----Cut here and return-----**OFFICIAL ENTRY FORM AND WAIVER**--- Cut here and return-----

I know that participating in a road race is a potentially hazardous activity. I should not enter and participate 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 participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, 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 you accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the Fond du Lac Running Club, Friend of Horicon National Wildlife Refuge, US Fish and Wildlife Service, Department of Interior, Federal Government, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, recordings, or any other of this event for any legitimate purpose.

Date _____
Signature of Runner/Walker (If under age 18, Parent/Guardian Signature required)
(PLEASE PRINT NEATLY)

NAME: _____ SEX: Male ___ Female ___

ADDRESS: _____ AGE (as of 10/12/2019): _____

CITY: _____ STATE: _____ E-mail: _____

ZIP CODE: _____ PHONE: (____) _____ **PLEASE CIRCLE**

PLEASE CIRCLE: **SHIRT SIZE:** Adult sizes only

PRICE: no shirt w/shirt race day Small Medium Large X-Large 2 XL(+\$2.00)

12 & UNDER: FREE \$15. \$20.

13 & OVER: NA \$25. \$30. Event: 5K Run 5K Walk*

*** WALKERS MUST WALK!!**

ONLY ONE PERSON PER FORM - FORMS MAY BE DUPLICATED