## MILTON OPTIMISTS' 40<sup>TH</sup> ANNUAL INDEPENDENCE RUN/WALK MONDAY, JULY 4, 2022 8:30 A.M. MILTON HIGH SCHOOL

Optimists sponsor:

- Boys and girls sports teams
- Kids on Stage theater
- Community projects
- Library summer reading program
- High school scholarships
- Breakfast with Santa

REGISTRATION TIME:

7:00 - 8:15 a.m. at Milton High School (114 W. High St.)

START TIMES:

10k - 8:30 a.m. One-mile age group run - 8:35 a.m.

THE COURSES:

The 10k follows an out-and-back course on country roads with a few rolling hills. Three

water stations are provided on the 10k route. The one mile course is on residential

roads with a steep downhill at the finish.

## AGE GROUPS

Mile: 10 & under, 11-12, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80+ **10k:** 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-79, 80+

\*\*\*13 and under must be accompanied by an adult or permission from the race director to run the 10k

**AWARDS:** All one mile finishers may receive a purple participation ribbon. Awards are given for first place male and female overall in each run. Trophies are given for first place, medals for second and third places, with ribbons for fourth and fifth places in each age group in the 10k and one mile run.

## INDEPENDENCE DAY RUN ENTRY FORM SEND THIS FORM AND MAKE CHECKS PAYABLE TO: MILTON OPTIMIST CLUB, Attn: Kris Koeffler, PO Box 282, Milton WI 53563

NAME:					
AGE (As of 7-4-22)	SEX		_		
ADDRESS			CITY_		STATE
PHONE					
RUN (Circle one) 10k 1 Mile (Circle one below)					
PRE-REGISTRATION FEE RECEIVED BY JUNE 28 Age 10 and under with shirt: \$10 Age 10 and under without shirt: \$5 Age 11 and up with shirt: \$17 Age 11 and up without shirt: \$10			Age 10 Age 11	CEIVED AFTER JUNE 28 or and under with shirt: and under without shirt: and up with shirt: and up without shirt:	\$10 \$5 \$25
T-shirt sizes (adult sizes only)(circle one)	S	M	L	XL	
Waiver: I hereby for myself, my heirs, executors claims for damages I may have against the Milto	agents	, and ad	ministra e City of	ators, waive and release a Milton, the County of Ro	iny and all rights and ck, and all related

sponsors or their representatives for any injuries which may be suffered by me in connection with this event.

Parent or guardian if under 18