

***Fun Family Walk, 5K&
10K Run***

Proceeds benefit children who are waiting to enroll in Symons Recreation Complex fitness, swimming, and membership programs.

**Race Day is Saturday
August 21, 2010**

Race begins at 9:00 AM

**Mail form and entry fee to:
Symons Recreation Complex**

1250 US HWY 14 West
Richland Center, WI 53581
www.symonsrec.com

Phone: 608-647-8522
E-mail: tracy@symonsrec.com

Symons Recreation Complex

1250 US HWY 14 West
Richland Center, WI 53581
www.symonsrec.com

Phone: 608-647-8522
E-mail: tracy@symonsrec.com

Symons Recreation
Complex

***6th Annual
Fun Run/Walk***



**August 21,
2010**

**FREE swimming,
weights, cardio,
racquetball,
showers ALL
DAY!**

Ocooch Fall Bike Tour ~ Family Friendly



**Hilly or Flat...
The Choice is Yours!
Up for a Challenge?**

Saturday September 11, 2010

The Ocooch Mountain Fall Bike Tour has steep climbs and fast falling descents for those looking for them in the 15, 31, and 46 mile rides. Visit hill-top orchards and enjoy fresh crisp apples and cider. Take in the amazing fall colors.

Looking for a beautiful, flat, out and back?

The 8 mile tour takes riders on a nature bonanza, crossing creeks, traveling through meadows and under the shade of a tree-lined railroad bed.

Enjoy breathtaking views of the Ocooch Mountains all around you.

Individual

Pre-Registration \$20.00

Day of Registration \$30.00

Family

Pre-Registration \$30.00

Day of Registration \$40.00

Call for more information

608-647-8522

Fun Run/Walk Registration Form

Sign up for:

Shirt Size **Price** **Price**
YS, YM, YL Before 8/6/10 After 8/6/10
AS, SM, AL, AXL

- 5K Run/Walk
- 10K Run

\$20.00 \$25.00

\$20.00 \$25.00

Name

Address

City, State, Zip

E-mail Address

Phone

Age

Gender

I agree to defend, indemnify, and hold harmless, Richland County and its Board of Directors, the City of Richland Center and its Council, and Symons Recreation Complex and its staff, its officials, agents and employees, representatives and insurers, individually and collectively, from and against all liability, costs, losses, claims, actions, judgments, and otherwise, however caused, that may arise from or be alleged to be caused by the undersigned's participation in the Symons Recreation Complex 5K/10K Walk and Run

Signature Date

Signature of parent or guardian if under 18 years of age. Date

YES! I'd like to help fund children's fitness, swimming, and membership programs. I will not be participating in the race, but I'm enclosing my tax-deductible donation of \$_____. A receipt will be mailed to my home.

Office Use:
Amount Paid: _____
Date Paid: _____
Receipt #: _____
Receptionist Initials: _____

5K and 10K Run

Your choice of 5K run or walk or 10K run. Includes water stops, mile markers, and refreshments.



Saturday, August 21, 2010

Registration starts at 8:00am

Races Begin at 9:00am

Special Awards for the 5K & 10K Run will be awarded to overall male and female winners. Age division awards will go three deep for males and females. Age groups will be as follows: 14&under, 15-19, 20-29, 30-39, 40-49, 50-60, 61& over. Each pre-registered participants will receive a t-shirt and late or day-of-registrations will receive shirts while supplies last.

Overall winners of 5K and 10K run (male and female) will not compete in age division for prizes.

Proceeds benefit children who are waiting to enroll in Symons Recreation Complex fitness, swimming, and membership programs