

TRAIL MIX

RUN/
WALK
2004

Saturday, September 18, 2004

Kendrick Park • Sheridan, Wyoming

Presented by the **Transportation Alternatives Coalition (T.R.A.C.)**
promoting awareness of the



Families, bring your runners! Runners, bring your families! Trail Mix includes events for competitors and funsters alike. Not a runner? It doesn't matter! Join us for a fun walk around Kendrick Park or a 5K walk along the Sheridan Pathways! See the back of this entry form for a complete description of events. Kendrick Park features shaded picnic areas and a great playground. Whitney Commons features another terrific playground and a fun water feature. Plan to bring the whole family for a day of fun on the Pathway to a healthy lifestyle!

Last Name	First Name	Gender	Age Day of Race	T-Shirt Size* (S, M, L, XL)	Event (Fun Walk, 5K Walk, 5K Run, 10K Run)	Entry Fee (See below)

**T-shirts to first 150 Registrants*

Pre-registration until September 7:

- \$15 for Runs and 5K Walk (includes BBQ)
- \$3 for Fun Walk (includes BBQ)

Day of Event Entry:

- \$20 for Runs and 5K Walk (includes BBQ)
- \$3 for Fun Walk (includes BBQ)

Return completed form and fees to:

Trail Mix Run/Walk 2004
PO Box 7283
Sheridan, WY 82801

Or drop off at **Sheridan Physical Therapy**
50 W. 3rd Street, Sheridan

Thanks to our generous sponsors, all registration fees will go directly to Pathways improvements and expansion!

LIABILITY WAIVER -- PLEASE READ AND SIGN BELOW

In consideration of the acceptance of my entry, I, the undersigned participant, for myself, my family members, heirs, administrators, personal representatives, successors and assigns hereby fully release, discharge and hold harmless event sponsors, the Transportation Alternatives Coalition, the City of Sheridan, Sheridan County, and Wyoming Department of Transportation officers, directors, employees, volunteers and lessors from any and all liability, prior to or during the Trail Mix Run/Walk, including warm-up, cool-down, or post activity. I understand that participation in this event carries a certain element of risk of hazard to body and limb and even of death, and that I am voluntarily participating in the event. I certify and represent by my application for entry, verbal or written, that my physical condition is adequate to compete safely, and I further attest and verify that I am physically fit and sufficiently trained for this event. I authorize and consent to any recognized publication, whether by videotape, film, newsprint, written advertisement or otherwise, of any event materials containing my name or picture, and I release any sponsors and all persons acting under authority from any claims I might have due to initial or subsequent publication of any such materials or photographs. I hereby certify that I have fully read and understand the foregoing waiver, and that I sign it knowingly, willingly and voluntarily. I also agree to wear any required safety gear, clothing or apparatus during this event as set forth by the event organizers and sanctioning affiliates. I also understand that there are no refunds regardless of the circumstances.

Signature _____

Date _____

Signature of parent if under 18 _____

Date _____

Event Info

Fun Walk

A leisurely stroll around beautiful Kendrick Park.
Prizes will be awarded for best costume!

5K Walk

This walk starting at Kendrick Park is a great introduction to the Pathways system. See wild animals, the Kendrick Mansion, and the new Whitney Commons!

5K Run*

A competitive sprint to Thorne-Ryder Park.

10K Run*

A challenging race including a push up the Pathway along Hume Draw.

**Prizes will be awarded to the top three finishers in these events in the following age categories:*

- Age 10-15
- Age 16-20
- Age 20-30
- Age 30-40
- Age 40-50
- Age 50+

Questions? Call 752-1560

Schedule of Events

9:00 - 10:00 AM

Check In and Registration

10:00 AM

10K Race Start

10:30 AM

5K Walk Start

5K Race Start

11:30 AM

Fun Walk Start

12:00 - 2:00 PM

Barbecue (free to race participants!)

12:30 PM

Awards



Thanks to these generous sponsors, all registration fees will go directly to Pathways improvements and expansion:



Sheridan Physical Therapy



**Saturday
September 18, 2004**

**Kendrick Park
Sheridan, Wyoming**

A fun walk, 5K walk, and competitive 5K and 10K run along Sheridan's beautiful Pathways system, starting and ending in Kendrick Park along the banks of Big Goose Creek.

Presented by the
**Transportation Alternatives
Coalition
(T.R.A.C.)**

promoting awareness of the



Deadline for receiving pre-event
registration forms and fees:
September 7, 2004