

# William Courtney 5K Run

## Coach Chuck Silvey Kids Mile



# Gary Page Tot Trot

**Date:** Thursday, July 4, 2019

**Time:** 7:30 a.m. – 5K Run

8:10 a.m. – 1-Mile Kids Run

8:30 a.m. – Tot Trot

8:40 a.m. – Awards

**Place:** Start and finish at Walker Johnston Park, 86th and Douglas, Urbandale

**Fee:** 5K - \$22.00 **online** (www.getmeregistered.com)  
5K - \$25.00 for **paper** entry forms.

*Limited 5K Registration on July 4th. \$30*

5K Family Rate – each additional person \$15.00.

One person per entry form.

Please mail all family registrations together. Kids Mile \$5.00 with a prize (can register on July 4).

Tot Trot – free

**Send Registration To:** Urbandale Parks and Rec, 3600

86th Street, mail before 6/26/19.

Fax 278-8356 Parks and Rec offices will not accept forms after 7/2/19. Faxed in forms should pay on July 3rd at packet pick-up.

**On Line:** www.getmeregistered.com until noon 7/01/19

**On Site Registration:** Urbandale Park and Rec, 3600 86th Street, fax 515-278-8356 until noon 7/2/19

**Late Registration & Packet Pick Up:** Wednesday, July 3, Lion’s Park Shelter House, Urbandale 4:00 – 7:00 p.m. **Limited 5K registration on July 4.**

**Late Packet Pick Up:** Thursday, July 4, 6:00 – 7:00 a.m. at Walker Johnston Park, 86th & Douglas,

**Parking:** Available in the Urbandale Library lot.

**Awards:** First 400 5K runners receive a T-Shirt and a 4th of July button.

Kids Milers receive a prize, medal and no shirt.

Tot Trotters receive a ribbon.

Winners and runners-up in each division will receive awards in the mail. Awards also to the top 10 men/women.

All participants receive refreshments.

Late Registration – not guaranteed a T-Shirt and fee would then be reduced.

Complete 4th of July schedule found at:

[http://uniquelyurbandale.com/city-of-urbandale-iowa/community-events-news/4th\\_of\\_july/](http://uniquelyurbandale.com/city-of-urbandale-iowa/community-events-news/4th_of_july/)

**Questions:** Contact Larry Jablonski at 515-276-4538 Fax 515-278-8356

**Checks payable to:** Urbandale 4th of July Celebration

## Urbandale Independence Day Races - - Thursday, July 4th 2019

### Entry Form

Name (last name / first name)

Mailing Address

City

State

Zip Code

Birth Date

Shirt Size - 5K only

Students 2019- 2020

email address

M L X

Grade: K 1 2 3 4 5 MS

Age on

Sex

Running

7-04-19

M/F

5K

1 mi

Entry Fee

(Payable to: **Urbandale 4th of July Celebrations**)

**5 km**

25 dollars (\$22 on-line) (through Mon., July 1)

25 dollars (at Lions Park) (on Wednesday, July 3)

15 dollars (subsequent family members)

**1 mi**

5 dollars (through Thursday, July 4)

Tot Trot - Free

**Don't mail after June 26!!! No refunds**

PLEASE NOTE:

One person per entry?

All boxes completed?

Release signed?

Correct amount paid?

All family members

mailed together?

In consideration of acceptance of the entry, I hereby release the City of Urbandale, Fourth of July Committee, aid station personnel and all agents of these organizations, from all claims (present and future) resulting from any injury or illness, which may be sustained while participating in the Urbandale July Fun Run. I have read the caution statement and have satisfied myself that (my child) have/has attained a level of fitness sufficient to participate safely.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

**MAIL TO:** Urbandale Parks and Rec, 3600 86th Street, Urbandale, IA 50322 mail **before 6/26/2019**