



*"The Natural Choice"*

Carlisle 1<sup>st</sup> of July 5K Fun Run  
On The New OutBack Trail  
Hills, Switchbacks & More Hills  
The Toughest 5K that we know of!  
Forget Your PR, Just Finish!

Date: Saturday July 1  
Time: 7:00 - 7:30 Walk-up registration  
Start: 8:00 am  
Location: 325 Scotch Ridge Rd. Carlisle IA 50047  
Middle School Parking lot  
Course: Starts and finishes on the new trail Out Back behind Middle School  
Events: 5K timed race  
2 Mile Fitness Walk  
2 Mile Youth Run 14 & Under  
Kids Fun Run 8 & under (free)  
Fee: \$25.00 with t-shirt  
(T-shirt deadline June 21)  
\$15.00 No shirt  
Families (Households) of 3 or more  
\$15.00 per person  
Registration: Online @getmeregistered.com search  
Carlisle 1<sup>st</sup> of July 5K  
Packet Pickup: Friday June 30 5:00 pm – 6:00 pm  
Carlisle City Hall  
Course: The 5K starts on the new trail Out Back behind the middle school and descends through switchbacks, prairie and forest to the top of Hard Brake Hill where you will descend again to the North River bottom, cross the river bridge, turn around and repeat in reverse. Good Luck! You will need it ☺

The 5K Fun Run is the first of a two race series on the new OutBack Trail. The Carlisle OutBack 10K will be held on August 5 using the entire OutBack trail and will be the toughest 10K that we know of!

Age Groups: 15 & Under, 16-19, 20-29, 30-39, 40-49, 50-59, 60 & Over

Awards: Overall Award to Top Male & Female 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, Male & Female in each division

Waiver: In consideration of acceptance of this entry, I hereby, for myself, my heirs, and executors, waive any and all rights and claims for damages I may have against individuals associated with this event. I attest and verify that I have full knowledge of the risk involved in this event and I am physically fit and prepared to participate. I give permission for free use of my name and photo's in any media account of this event.

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Registration: [https://secure.getmeregistered.com/get\\_information.php?event\\_id=126913](https://secure.getmeregistered.com/get_information.php?event_id=126913)

Gmap link: <http://www.gmap-pedometer.com/?r=7055129>