



SPAM™ TOWN USA FREEDOM FEST

JULY 3-5, 2009
AUSTIN, MINNESOTA



5-Mile HOG JOG™

We build strong kids, strong families, strong communities.



PRE-REGISTRATION INSTRUCTIONS:

Send completed registration form to:

5 - Mile Hog Jog
YMCA of Austin
704 1st Drive NW
Austin, MN 55912

For more information, call the
YMCA of Austin (507) 433-1804.



CHIP TIMING

DATE: Saturday, July 4, 2009
 REGISTRATION: East Side Lake
 COURSE: Flat & Fast - PR Course (Certified)
 USATF Sanctioned
 REGISTRATION TIME: 6:45 a.m. - 7:30 a.m.
 STARTING TIME: 8:00 a.m.
 COMPUTERIZED RESULTS: Results posted following presentation of awards. Results will also appear in the Minnesota Running & Track Magazine and www.raceberryjam.com.
 REGISTRATION FEE: \$15 entry fee (\$12 w/Get Fit Card), \$20 entry fee after Saturday, June 20 & through 7:30 a.m. registration on day of race.
 AWARDS: Includes: The original Hog Jog T-shirt. Trophies to first overall male & female finishers. Plaques for 1st places, medals for 2nd and 3rd places for both males and females in each age division.
 REFRESHMENTS: Fruit and water will be available to all runners following the race, compliments of Super Fresh Produce and Culligan.
 SHOWERS: Available at the YMCA until 11am. Must show race #.

AGE DIVISIONS:

- 15 & under
- 16 - 24
- 25 - 34
- 35 - 44
- 45 - 54
- 55 - 64
- 65 & over



----- HOG JOG Registration -----

Name: _____ Age _____ Sex _____ T-Shirt S M L XL XXL (circle)

Mailing Address _____ Birth Date _____

City _____ State _____ Zip _____ Phone _____

Email _____

Send to: 5-Mile Hog Jog, YMCA of Austin, 704 1st Drive NW, Austin, MN 55912

Circle Category: 15 & under, 16-24, 25-34, 35-44, 45-54, 55-64, 65 & over.

In consideration of the acceptance of my entry, I, the undersigned, intending to be legally bound for myself, my heirs, executors, and administrators, do hereby release any and all sponsors of this race, and their representatives, successors, and assigns, from any and all liability arising for illness or injuries I may suffer as a result of my participation in this race. I attest and verify that I am physically fit and have sufficiently trained for the competition of this race. I also understand and agree that any sponsors may subsequently use for publicity and/or promotional purposes my name and/or photographs, videotapes, motion pictures and recordings of my participation in this event without obligation or liability to me. I also understand that entry fees I pay are not refundable. I have read the foregoing and certify my agreement by signature below.

Signature _____ Guardian Signature (Under 18) _____