

Hosted by:
Western Dubuque
Cross Country

7th Annual
Town and Country Funfest Road Race
Epworth, Iowa

8K (5 mile) Race

2 Mile Walk or Run

DATE: Saturday, August 7, 2010

SCHEDULE: 8K (5 Mile) and 2 Mile 8:00 AM
Awards 9:15 AM

PLACE: Western Dubuque High School – 302 5th Avenue SW, Epworth, Iowa. From Highway 20 → Take Exit 304 → North on Center Avenue to Stop sign → Left on Main Street → Left on 5th Avenue SW

PACKET PICK-UP & CHECK-IN: 6:45 – 7:45 AM, August 7 – Western Dubuque High School

AWARDS: Age division awards given to the top three men and women finishers for each race
Age categories 15 & under, 16 - 19, 20 – 29, 30 – 39, 40 – 49, 50 – 59, 60 & over
Must be present at awards ceremony to receive medals

POST-RACE: Town and Country Days Parade – Main Street at 10:30 A.M.
Food, games, dancing – Tower Park

INFO.: For more information contact Western Dubuque High School
Phone (563) 876-3442
Email at mark.digmann@w-dubuque.k12.ia.us

7th Annual Town & Country Days Entry Form
One Entry Form per person – Entry forms may be copied – PLEASE PRINT

Name _____ Age on 8/7/10 _____ Male _____ Female _____
Address _____ City _____ St _____ Zip _____
Phone _____ Email address _____

RACE (Circle One) 8K (5Mile) 2 Mile

Registration Fees

Early Bird (received by Wednesday, July 28) \$15.00
Late Entry (received after Wednesday, July 28) \$20.00
(NO REFUNDS)

MAKE CHECKS PAYABLE TO: *Western Dubuque Cross Country*
MAIL ENTRY FORMS TO: Western Dubuque High School
Attn: Cross Country Coach
302 5th Avenue S.W.
Epworth, IA 52045-0379

T-Shirt Information	
Adult Sizes (Check One)	Kids Sizes (Check One)
<input type="checkbox"/> Small	<input type="checkbox"/> Small
<input type="checkbox"/> Medium	<input type="checkbox"/> Medium
<input type="checkbox"/> Large	<input type="checkbox"/> Large
<input type="checkbox"/> X Large	
<input type="checkbox"/> XX Large	

RACE DAY ENTRIES ARE NOT GUARANTEED A T-SHIRT
ON RACE DAY. SHIRT MAY BE MAILED TO PARTICIPANT.

I recognize the risks involved in any athletic event and hereby waive, release, and hold harmless Western Dubuque School District, Western Dubuque High School, Western Dubuque Cross Country Team, Town and Country Days Association, City of Epworth, Dubuque County and all their employees, all sponsors, all race directors and volunteers from any and all liability, claims and rights for damages from injuries growing out of, related to, or arising from participating in the Town and Country Days Run. I further certify that I have full knowledge of the risks involved in this event and I am physically fit to participate.

Signature _____ Date _____
(Parents Signature if under 18)