

10th ANNUAL CASCADE CANTER 4K & 1 – MILE RUN / WALK

The Cascade Athletic Booster Club is hosting this event: proceeds will be used to help support the Athletic programs at CHS.

DATE: **Saturday, August 20, 2011**
TIME: **REGISTRATION WILL BE FROM 7:00 – 7:45**
4k race @ 8:00 am 1 – MILE Fun Run @ approx. 9:00 am
(KIDS' Fun Run @ approx. 9:20)
LOCATION: **CASCADE COMMUNITY PARK on south edge of Cascade, located on Hwy. 136**
AWARDS: **4K RUN / WALK Medals awarded to top 3 male and female finishers in each age division**
(15 & under 16-18 19-29 30-39 40-49 50-59 60+)
1 MILE RUN / WALK AND KIDS' FUN RACE (Ribbons only awarded to all participants.)

ENTRY FEE: **\$15.00 if received by 8/11/11. After 8/11/11 fee will be \$20.00**
***** (Make checks payable to Cascade Athletic Booster Club) *****

(Participants may enter more than 1 event @ no additional cost.)
(Kids' Fun Run: No pre-registration / No fee)

Mail entry form and registration fee to:
(Only one applicant per form)
No pets or bikes please

Cascade High School
Chris Curry / Cascade Canter
505 Johnson St. N.W.
Cascade, Iowa 52033

NAME: _____

ADDRESS: _____

PHONE: _____

AGE ON 8 / 20 / 2011: _____ (CIRCLE) FEMALE MALE
_____ 4K Run / Walk _____ 1 Mile Run / Walk

Adult T – SHIRT SIZE: (Circle) S M L XL

*** SHIRT GUARANTEED ONLY TO PARTICIPANTS REGISTERED BY 8/11/11 ***

WAIVER: I attest and verify that I have full knowledge of the risks in this event, and that I am physically fit and sufficiently trained to participate in this event. I hereby waive and release any and all rights and claims for damages and/or injuries I may sustain while participating in this event. In consideration of your acceptance of this entry, I, intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release the Cascade Booster Club, their agents, representatives, committees, and members from any and all claims or rights to damage for injuries or losses suffered by me directly or indirectly, in traveling to or from, or in competing in, or attending the Cascade Booster Club "Cascade Canter".

SIGNATURE: _____ DATE _____

PARENT / GUARDIAN SIGNATURE _____ DATE _____

(If under age of 18):