

Hosted by  
Western Dubuque  
Cross Country

8<sup>th</sup> Annual

# Town and Country Funfest Road Race Epworth, Iowa

8K (5 mile) Race

2 Mile Walk or Run



**DATE:** Saturday, August 6, 2011

**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 6 – 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](mailto:mark.digmann@w-dubuque.k12.ia.us)

## 8<sup>th</sup> Annual Town & Country Days Entry Form

One Entry Form per person – Entry forms may be copied – PLEASE PRINT

Name \_\_\_\_\_ Age on 8/6/11 \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Email address \_\_\_\_\_

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

Strollers are welcome, but please, NO PETS.

### Registration Fees

Early Bird (received by Wednesday, July 27)      \$15.00

Late Entry (received after Wednesday, July 27)      \$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 5<sup>th</sup> Avenue S.W.  
Epworth, IA 52045-0379

### T-Shirt Information

**Adult Sizes (Check One)**

Small

Medium

Large

X Large

XX Large

**Kids Sizes (Check One)**

Small

Medium

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 \_\_\_\_\_