



# 2nd Annual La Crosse Fitness Festival

Saturday May 1 - Sunday May 2, 2010

**Children's Riverside Races**  
**100 Yard Run, 400 Yard Run, 800 Yard Run**

**OFFICIAL ENTRY FORM**  
**Participation is FREE!**

### ENTRANT

Child's Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

(Pre-race information will be sent via email only-please provide if available)

### EVENT - Participation is free.

Please note that boys and girls will compete in the same race. A child who meets the grade restrictions may run in more than one race, but will only receive one t-shirt.

- 100 Yard Run - Kindergarten and younger
- 100 Yard Run - 1st and 2nd Grades
- 100 Yard Run - 3rd and 4th Grades
- 400 Yard Run - 1st and 2nd Grades
- 400 Yard Run - 3rd and 4th Grades
- 400 Yard Run - 5th and 6th Grades
- 800 Yard Run - 3rd and 4th Grades
- 800 Yard Run - 5th and 6th Grades

#### T-SHIRT

Please specify your T-shirt size:

- 6-8 Youth
- 10-12 Youth
- 14-16 Youth
- S Adult

Send registration form to: **La Crosse Fitness Festival**, 400 La Crosse St., La Crosse, WI 54601

Parent or guardian signature \_\_\_\_\_

Date \_\_\_\_\_

Waiver: I hereby absolve for myself, my heirs, executors and administrators, forever, any and all rights and claims or damages I may accrue against La Crosse Fitness Festival, the City of La Crosse, and any other advertised sponsor for any and all injuries suffered by me while participating in the race. I further, hereby certify that I am physically fit to run/walk in the race for which I am entered on May 1, 2010.

I release, consent and allow the La Crosse Fitness Festival and its agents to use my photograph or my child's photograph as it pertains to me/my child's participation with the La Crosse Fitness Festival in any manner for promotional efforts without expectation of any reimbursement in connection with its use.

### Children's Events - Riverside Races

As part of the La Crosse Fitness Festival the YEA Riverside Races, a series of running events for younger children will be held on May 1, 2010, in Riverside Park. Eight races of three different distances, depending on ages of the entrants, will be open to all boys and girls up through the 6th grade. There is no cost for participation, but all entrants will receive a free t-shirt and be asked to register for each event.

### Time

The races will begin at 1:00PM on Saturday in Riverside Park.

### Registration

To ensure that we have an adequate number of t-shirts in all sizes, we prefer advance registration, although registration will be available at Riverside Park up to one hour prior to the first race.

### Events

- 100 Yard Run - Kindergarten and younger
- 100 Yard Run - 1st and 2nd Grades
- 100 Yard Run - 3rd and 4th Grades
- 400 Yard Run - 1st and 2nd Grades
- 400 Yard Run - 3rd and 4th Grades
- 400 Yard Run - 5th and 6th Grades
- 800 Yard Run - 3rd and 4th Grades
- 800 Yard Run - 5th and 6th Grades

Please note that boys and girls may compete in the same race. A child who meets the grade restrictions may run in more than one race, but will only receive one t-shirt.

### Awards

All participants will receive a t-shirt with the La Crosse Fitness Festival logo and a participant's ribbon. The first three finishers in each race will receive a special medal.

### Special Event

As a kickoff to the YEA Riverside Races, mascots of area merchants and organizations will vigorously compete against one another in a 100-yard dash. If your company, school, or organization has a mascot that is up to the challenge, please contact Jay Odegaard, Event Director, at (608) 789-7593 or [odegaardj@cityoflacrosse.org](mailto:odegaardj@cityoflacrosse.org).

Official T-Shirt Sponsor



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