



GROUNDPOUNDERS Series

Apple Valley

"Freedom Days" FUN RUN

Monday, July 4th, 2016

2 Mile and 5 Mile Races - both begin at 8:00am

"Half-Pint Half-Mile" to follow 2 & 5-Miles @ approx. 9:45am

Hayes Park/A.V.C.C, 14603 Hayes Road - Apple Valley

4TH leg of the Groundpounders Grand Prix Series

RACE CATEGORIES (2 & 5 mile):

9 & Under; 10-14; 15-19; 20-29; 30-39; 40-49;

50-59; 60-69; 70-79; 80-89; 90 & Older

AWARDS: Awards will be given to the top 5 male & female finishers in each age category of the 2-mile & 5-mile, trophy to 1st place, medals to 2nd-5th places...

½ Pint ½ Mile - all participants receive a ribbon; Youth ages 10 & Under only!

"YOUTH Half-Pint Half-Mile": **FREE RACE!**

Register on-line by 7/1/16 @ 8am; or at the race on 7/4.

FEES: 2-Mile and 5-Mile races:

Pre-register ON-LINE (See info below):

By 8am on Friday, July 1 @ cityofapplevalley.org

Race Only \$7.00 *2 & 5-Mile Races

T-shirt & Race \$15.00 will be chip-timed!

***Save yourself some money and pre-register on-line!**

Race-Day Registration:

(July 4; 6:30-7:45am only)

Race Only \$15.00 *2 & 5-Mile Races

T-shirt & Race \$25.00 will be chip-timed

PRE-REGISTRATION: Register at www.cityofapplevalley.org; Click on "Online Services" on the left hand side of screen; Click on "Online Registration" (in red) under Parks Program Registration. This takes you to the registration site; each runner will create an account and then register for the desired race, enter your age, and indicate if you want a t-shirt, and if so, indicate the size. Pre-Registration ends @ 8am on 7/1/16. Entry fees are non-refundable.

No "pre-registrations" will be accepted after 7/1/16 @ 8am; after this date, register at site on 7/4.

RACE DAY REGISTRATION/CHECK IN (use the form on the back of this flyer to register on 7/4/16)

6:30 - 7:45am at the A.V.C.C, 14603 Hayes Road. Both 2 & 5-mile races begin at 8:00am, SHARP! Races will start and finish behind the Hayes Building. The "FREE 1/2 Pint 1/2 Mile" will begin at approximately 9:45 am (sign up at site on 7/4/16).

SPONSORS: Runner's Gate, Anderson Race Management, Apple Valley Parks & Recreation.

RACE RESULTS: Gopher State Events - www.gopherstateevents.com

QUESTIONS? Contact Apple Valley Parks & Recreation at 952-953-2300.

Apple Valley "Freedom Days" Fun Run – **Race Day Registration-7/4/16; 6:30-7:45 AM**

NAME _____	Race: 2 Mile _____	5 Mile _____
E-MAIL ADDRESS: _____		
ADDRESS _____	CITY _____	ZIP _____
PHONE () _____	AGE (required!); _____	GENDER: F _____ M _____
REGISTRATION FEE:	\$15 - Race only	
	(circle one) \$25 - Race & T-shirt	(while supplies last)
T-SHIRT SIZE: S _____	M _____	L _____ XL _____ XXL _____ XXXL _____ (All Adult Sizes)
Cash or Charge ONLY:	PAID: \$ _____	No checks accepted!
Credit Card #: _____	Exp. Date: _____	
Circle Card used (circle one):	VISA	MASTERCARD DISCOVER

HOLD HARMLESS AGREEMENT

As lawful consideration for being permitted to participate in the "Freedom Days" Fun Run, a program of the Apple Valley Parks and Recreation Department, I on behalf of myself agree that the Apple Valley Parks and Recreation Department shall be held harmless and will not be liable for any injury or disability which I or any member, employee or participant of the said activity incur as the result of the said program, due to the passive or active negligence of the city, its agents or employees. This release of liability of the Apple Valley Parks and Recreation Department does not include any injuries that I or any member, employee or participant of the said program incur as the result of willful, wanton or intentional misconduct by the Apple Valley Parks and Recreation Department, its agents, sponsors, or employees. This agreement is specifically binding on my spouse, heirs and assigns, and the spouses, heirs and assigns of any member, employee or participant of the said program.

Signature _____ *Co-signature _____
*By parent if runner is under 18 years of age.

FOR OFFICE USE ONLY – RACE NUMBER: _____ **CHIP NUMBER:** _____