



WAPSI - GREAT WESTERN LINE

August 6, 2016 in Riceville, IA

- 5K Race starts at 8am at the trailhead across from Govern Farm & Home on Highway 9 in Riceville
- 7 mile run starts just south of McIntire, west on 460th St. near the quarry

Race Features

- Timed 5k Run/Walk and 7 MILE Run / Walk - both start at 8am
- 5K route is out and back starting at the trailhead. The 7 mile run is a point to point race starting near McIntire - transportation will be provided from the trail head to the start line. Last bus leaves the trailhead at 7:40 am **SHARP!!**
- Kids free 1/2 mile Fun Run approx. 9:15am
- Free all you can eat pancakes for registered participants
- \$4 all you can eat pancakes and sausage for non-registered participants; \$2 for kids 7:30am - 10:00am
- T-shirt (optional) and goody bag for Pre-registered participants available to be picked up starting at 7am
- Race takes place on a paved trail that runs pass a Butterfly Garden, wraps around an ice blue lake and takes you through the heart of woods and restored prairie.

Name: _____ Address: _____ City, ST, Zip: _____

Phone: () _____ Email: _____ Male: Female:

Age as of August 6, 2016: ____ For \$5 add a shirt -- T-Shirt Size (Adult)-select one: S M L XL XXL No Shirt

ENTRY FEE: \$15 by July 22, 2016 (\$20 w/ T-shirt); \$25 after July 22 (t-shirt not guaranteed) Circle – 5K or 7 mile run

RACE WAIVER: I know that running a road race is a potentially Hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race, including, but not limited to, falls, contact with other participants, the effects of the weather including high heat and humidity, ice, traffic, and the conditions of the road, all such risks being know and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone for whom I am entitled to act, waive, release, and will hold harmless the Set Up Events, City of Riceville, IA, WGWL Trail, Howard and Mitchell Counties, Howard and Mitchell County Conservations boards, the race organizer, all other sponsors, and all the agents, employees, officers, directors, and volunteers working for those entries from all claims and liabilities of any kind arising out of or related to my participation in this race.

Signature: _____ Parent/Guardian (if under 18 years old): _____

Mail Payments To:
WGWL Race
10508 Elm Ave
Riceville, IA 50466

See www.wgwtrail.com - for more trail events

How did you hear about our race? - _____

You can also register on Active.com:
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