
5K RUN DIVISIONS

Medals will be awarded to the first three places in the 5K divisions for men and women. Trophies will be awarded to one male and one female overall winner.

Please circle your division:

19 and under 20-29 30-39 40-49
50-59 60-69 70 and older

SHIRT SIZES

Y S M L XL XXL

Waiver

I know that running in an event is a potentially hazardous activity. I should not enter and run unless I am medically able. I agree to abide by a decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in the event including but not limited to falls, contact with other participants, the effect of weather including high heat and/or humidity, traffic and conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of Riverside Athletic Club, Merrill Area United Way, the City of Merrill, Lincoln County, and all race officials and sponsors, their representatives and successors from all claims and liabilities of any kind arising out of participation by me or any of my minor children in this event. I grant permission of all the foregoing to use any photographs, motion pictures, recording or any other record of this event for any legitimate purpose. I certify that I am an amateur and eligible to compete in the event in accordance with USATF and IAFF Rules.

Signature _____

Date _____

Parent's Signature (if under 18)

RUN UNITED Riverside Athletic Club
500 S. Center Ave.
Merrill, WI 54452



SPORTS • FITNESS • FRIENDS

10K Run

5K Run

2 Mile

Fun Run/Walk

4th Annual

RUN OR WALK UNITED

SATURDAY

MAY 19, 2012

MERRILL, WI

HOSTED BY



SPORTS • FITNESS • FRIENDS

to benefit

Merrill Area
United Way



BENEFIT RECIPIENT

Merrill Area United Way is the charity of choice for Paul Kienitz, the owner of Riverside Athletic Club. Paul and his staff are hosting the fourth annual RUN UNITED benefit for the Merrill Area United Way.

HOST FACILITIES

Riverside Athletic Club will provide registration gifts including a LIVE UNITED T-shirt. Register by April 30 to guarantee T-shirt. Snacks and showers are available at the club after the race.

QUESTIONS?

Call Riverside Athletic Club at 715.536.2481 or email memberservices@riversideathletic.com. Visit www.riversideathletic.com for information including directions to the Club.

COURSE

Registration begins at 8:30 a.m. with pre-race staging at Riverside Athletic Club (on the corner of Center and Riverside Avenues) in Merrill, Wisconsin. Race starts at 10:00 a.m. Both the 5K and 10K courses will run through residential neighborhoods and along paved country roads.

EVENT REGISTRATION

10K Run, 5K Run
and 2 Mile Fun Run/Walk
Saturday, May 19, 2012
Merrill, WI
10:00 a.m.

REMEMBER TO REGISTER EARLY.

Pre-registration before May 19:

Individuals \$25, Families \$45, Groups of 10 or more \$20 per participant

Registration on Race Day:

Individuals \$30, Families \$50, Groups of 10 or more \$30 per participant

Checks must be made out and mailed with the waiver and registration form to:

RUN UNITED

Riverside Athletic Club
500 S. Center Ave.
Merrill, WI 54452

REGISTRATION FORM

This form may be copied as needed.

Pre-registrants must submit application and entry fee postmarked by Wednesday, May 16, 2012.

10K Run 5K Run
 2 Mile Fun Run/Walk

Name _____

Address _____

City _____

State _____ Zip _____

Email _____

Phone _____ Gender: M F

Birthdate (MM/DD/YY) _____ Age on Race Day _____

FEE

- Individual \$25 (\$30 on Race Day)
 Family \$45 (\$50 on Race Day)
 Group Rate - 10 participants or more (per participant) \$20 (\$30 on Race Day) (Groups must submit registration information together)
 Additional T-Shirt \$10 each

Separate entry forms are required for each family or group member. This form may be copied as needed. Submit in one mailing. (Only 2 T-shirts will be included in a family registration. Register by April 30 to guarantee T-shirt.)

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