

### 10K and 5K Run Division

Medals will be awarded to the first three places in the 10K and 5K divisions for men and women. Trophies will be awarded to one male and one female overall winner in the 10K division.

Please circle your division:

19 and under    20-29    30-39

40-49    50-59    60-69

70 and older

Circle T-shirt Size    S    M    L    XL

### 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 South Center Avenue  
Merrill, WI 54452



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

# 5th Annual RUN OR WALK UNITED

SATURDAY  
MAY 4, 2013  
MERRILL, WI

*HOSTED BY*



SPORTS • FITNESS • FRIENDS



## BENEFIT RECIPIENT

Merrill Area United Way is the charity of choice for Paul Kienitz, owner of Riverside Athletic Club. Riverside Athletic Club and Merrill Fire/E.M.S. are hosting the Fifth Annual RUN UNITED for the Merrill Area United Way.

## HOST FACILITIES

Riverside Athletic Club will provide a LIVE UNITED T-shirt to all participants who register before April 10. Snacks and showers are available at the club after the race.

## QUESTIONS

Call Riverside Athletic Club at 715-536-2481, email [memberservices@riversideathletic.com](mailto:memberservices@riversideathletic.com) or visit [www.riversideathletic.com](http://www.riversideathletic.com) for more information including registration form and directions to the club.

## ALL NEW COURSE and CHIP TIMING

Registration begins at 7:00 a.m. with pre-race staging at Riverside Athletic Club (on the corner of Center and Riverside Avenues) in Merrill, WI. Race starts at 8:00 a.m. Both 5K and 10K courses will be new this year and will take you through beautiful residential neighborhoods, through the city of Merrill and along paved country roads. Convenient Chipped Timing will also be used for this race.

## PRE-REGISTRATION PICKUP

Pre-registered participants can pick up their T-shirt and bib on Friday, May 3 from 2:00-5:00PM at Riverside Athletic Club.

# EVENT REGISTRATION

## 10K, 5K Run and 2 Mile Run/Walk

### Saturday, May 4

### Merrill, WI 8:00 a.m.

REMEMBER TO REGISTER EARLY.

Pre-registration before April 10

Individuals \$25, Families \$45, Groups of 10 or more \$20 per participant. (includes cotton t-shirt for single/two cotton t-shirts for family) (add \$5 for a Dry Fit T-Shirt for single/add \$10 for two Dry Fit T-Shirts for family)

Registration on Race Day: Individuals \$30/\$35, Families \$50/\$60, Groups of 10 or more \$30/\$35 per participant.

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

RUN UNITED  
Riverside Athletic Club  
500 South Center Avenue  
Merrill, WI 54452

## REGISTRATION FORM

This form may be copied as needed. Pre-registrants must submit application and entry fee to arrive by April 10

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+ \$5 Dry Fit T-Shirt (\$30/\$35 on Race Day)

Family \$45 +\$10 for two Dry Fit T-Shirts(\$50/\$60 on Race Day)

Group Rate—10 participants or more (per participant) \$20 + \$5 for Dry Fit T-Shirts(\$25/\$30 on race day) (Groups must submit registration information together)

Additional T-Shirt \$10 each (add \$5 for each additional Dry Fit T-Shirt)

Separate entry forms are required for each family or group member. This form may be copied as needed. Submit groups in one mailing. Only 2 T-shirts will be included in a family registration. Register before April 10 to guarantee a T-shirt)