



**Saturday, July 4, 2009**

5k Run/Walk – 8:30 a.m.

1 mile Run/Walk – 9:45 a.m.

Wakanda Park, Menomonie

Runners and walkers of all ages and abilities are invited to take part in this very exciting FreedomFest event! Two timed races; the Firecracker 1 Mile and Firecracker 5k. Register today!

**Race Fee:** Fee by June 27: \$12.00 Per Person / \$35.00 Family Rate (same household)  
 Race Day Registration: \$15.00 Per Person / \$40.00 Family Rate (same household)  
 Both Events \$15.00 Per Person / \$40.00 Family Rate (same household)  
 Do Both Events! (one shirt)

**Parking:** Wakanda Elementary parking lot.

**Showers:** Will be open and available to racers at the pool

**Registration:** Saturday, July 4th – 7:45 a.m. Wakanda Park Watch for signs or Preregister  
**Pre-registration is encouraged. Day-of registration ends 30 minutes before each race.**

\$1.00 entry fee will be charged at entrance

**Check-In:** 7:30-8:00 – 5k 8:30-9:00 1 mile

**T-shirts:** Registration received by June 27, 2009 guarantees an event T-shirt. All others will receive shirts on race day while supplies last.

**Awards:** Awards will be presented at 10:30 a.m. **Firecracker Speed Awards** (Both Races) - Top three overall male and female, Top two male & female for each age group: 9 & under, 10-11, 12-13, 14-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60+.

**More info:** Call 715-235-9087 or visit [www.menomoniechamber.org](http://www.menomoniechamber.org)

**Presented by:**  
**Red Cedar Medical Center**  
 Mayo Health System



**Sponsored by:**



**Firecracker 1 Mile Run/Walk & 5k Run/Walk Registration Form**

Family Registrants: Please fill out separate form for each participant. Return all together.

1 mile  5k

Name \_\_\_\_\_ Telephone \_\_\_\_\_

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

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Gender:  M  F Adult Shirt Size:  S  M  L  XL  XXL Youth Shirt Size:  M

**Total Amount Enclosed \$** \_\_\_\_\_

**Athlete's Release:** I do hereby agree to hold harmless and indemnify the Greater Menomonie Area Chamber of Commerce, the City of Menomonie, its agents and employees, and any persons officially connected with FreedomFest 2009 and the Firecracker 1 Mile/5k including all sponsors, from any and all liability resulting from my participation in this event.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parents Signature (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Make checks payable and mail to: **Greater Menomonie Area Chamber of Commerce** – 342 East Main Street, Menomonie, WI 54751