



JUNE 1, 2019

**Wilson Rozier Pavilion 1
Farmington, MO**

- FIRST 150 ENTRIES RECEIVE A FREE T-SHIRT
- FINISHER MEDAL FOR ALL MILE PARTICIPANTS
- PRIZE MONEY: FIRST OVERALL MALE & FEMALE 5K FINISHER

BENEFITS MINERAL AREA SCHOLAR ATHLETE PROGRAM

REGISTER AT: racesonline.com/events/country-days-stampede

FOR MORE INFORMATION EMAIL: COLTON@FRESHSTARRUNNING.COM

2019 Country Days Stampede 5K & Mile Fun Run

Event Details:			
Date:	June 1, 2019		
Registration:	Race Day 6:30 – 7:40am Online: https://racesonline.com/events/country-days-stampede		
Where:	Wilson Rozier Pavilion 1 – 811 Perrine Rd, Farmington, MO 63640		
Entry Fee:	Mile Fun Run (Race Day/ Preregister) \$15 5K (Preregister) \$20 5K (Race Day) \$25		
Awards:	Mile Fun Run: Finisher Meal, First Overall Male & Female 5K: Overall Male & Female Finisher (\$50), First - third in: 14 & Under, 15-19, 20-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & Above		
Course:	5K: https://www.mapmyrun.com/routes/view/2393245342		
Proceeds:	Mineral Area Cross Country – Track & Field Scholar Award: Proceeds from the 2019 Stampede will support student athletes who have competed in cross country and/or track & field in participating Mineral Area Schools. A financial award(s) will be distributed in increments of \$250 to Graduating Seniors in 2020 who apply and are approved by the award committee.		
Questions:	Colton@freshstarrunning.com		
Shirts:	First 150 participants (sizes based on availability)		
Registration Information:			
Participating in: (Circle one)	5K Run		1 Mile Fun Run
Name:			
Gender: (circle)	Male / Female	Age on Race Day	
Address:			
City / State:		Zip Code:	
Email:			
<p>Event Waiver: I know that running a road race is potentially hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and by checking the box, I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and inconsideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Fresh Start Running Company, Farmington Chamber of Commerce, and the city of Farmington, all event sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I understand that this event does not provide for refunds in the event of a cancellation, and by agreeing, I consent that I am not entitled to a refund if the event is cancelled before or during the event.</p>			
Signed By:		Date:	
Parent (If under 18):		Date:	