

2009 Capitol Mile Entry Form

Make checks payable to "Wisconsin Track Club"
and send to Wisconsin Track Club, Student Activity Center,
Room 3207, 333 E. Campus Mall, Madison, WI 53715
Please Print

(Last Name) (First Name)

(Address)

(City) (State) (Zip)

Sex: M F Date of Birth : _____
(required)

School Name: _____
(students only; for participation award)*

USATF #: _____ (optional)

e-mail address: _____

T-shirt size: YM YL S M L XL

Payment:

- Kid's Dash (free)
- \$12 WTC members or under 19 or 56+ **preregistered**
- \$15 Non-members aged 19 to 55 **preregistered**
- \$15 WTC members or under 19 or 56+ **race day**
- \$18 Non-members aged 19 to 55 **race day**
- Family entry (\$45 max preregistered or \$60 race day)
- Add \$15 for Hope and Possibility 5K
- Add \$8 for Tech Tee (adult only)

CONSENT AND LIABILITY 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 event including but not limited to falls, contact with other participants, effects of the weather including high heat and/or humidity, traffic and conditions of course roads. All of these risks are known and appreciated by me. I certify that in accordance with the rules of USATF and the IAAF, I am eligible to compete in the Capitol Mile, and I agree to submit myself to formal voluntary, random drug testing if USATF or the IAAF requests such tests. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the race officials, Wisconsin Track Club, City of Madison, State of Wisconsin, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of my participation in this event.

Signature: _____ Date: _____

(Signature of parent or guardian if entrant is under 18)
The consent and liability waiver must be signed by each participant. Unsigned entries will not be honored.

Sunday, July 26th 2009

Capitol Mile

Wisconsin Association of the USATF Road Mile Championship

USATF membership not required to participate in the Capitol Mile. Only USATF members are eligible for road mile championship awards.

Runners registered by July 17th will receive the 2009 Capitol Mile t-shirt.

Organize runners from your school to win the

School Participation Award*

The school with the most student participants in the Capitol Mile will receive \$500 cash!

*Participation award points only for
participation in the Capitol Mile (not Kid's Dash).

Warm up by running in the Hope and Possibility
5K, a non-competitive fun run at 1:00 p.m.,
sponsored by the Achilles Track Club

Schedule

- 12:00 PM Walk
- 1:00 PM Registration & Packet Pick-up
- 3:00 PM Kid's Dash (6 and under)
- 3:15 PM Youth Girls
- 3:30 PM Youth Boys
- 3:45 PM Open Men's Race
- 4:00 PM Open Women's Race
- 4:15 PM Masters Men's and Women's Race
- 4:30 PM Awards & Door Prizes

Awards

To promote physical activity among children and youth, WTC is offering **\$500** 1st place and **\$250** 2nd place participation awards for the grade, middle, or high schools with the most participants in the Capitol Mile.

Medals will be presented to the top three male and female finishers in each age category. USATF medals will be awarded to the top three participants in each age category competing in the road mile championship.

All runners will be eligible for **door prizes** donated by local businesses.

Register online at www.athenstoatlantis.com.

Information

For more information, contact
Paul Turpin at (608) 358-1770



www.witrackclub.org