

BOX CAR DAY ROAD RACE

Registration begins at 7:30 a.m.

Race/Walk begins at 8:30 a.m.

1 mile and 1/2 mile races following the 5K & 10K

MONDAY, SEPTEMBER 5, 2016

Register at Central Park located off of Center Street.

COST: \$18.00 pre-registration *Deadline Wed, Aug 31, 2016*

\$20.00 Day of Race

\$10.00 for 1 mile & 1/2 mile runners

Family Rate (4 or more runners, same family):

\$12.00 per runner/walker

DISTANCE: 5 Kilometers (3.1 miles) Race/Walk;

10 Kilometers (6.2 miles)

1 mile & 1/2 mile

*Route includes Tracy's bike trail.

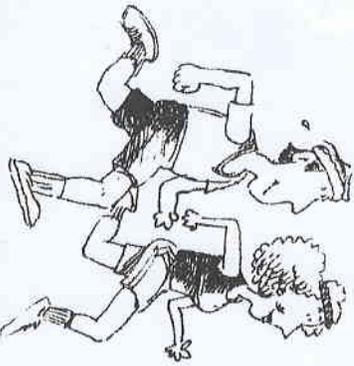
Medallions awarded to Male and Female top two in each age group.
Special awards to overall Male & Female 5K & 10K winners.

AGE DIMENSIONS:

5K:	12 & Under	10K:	13-18	1 mile:	7-8
	13-18		19-29		9-10
	19-29		30-39		11-12
	30-39		40-49		
	40-49		50-59	1/2 mile:	4 & under
	50-59		60+		5-6
	60+				

Water available along the race route and at the finish line. Other refreshments will also be available at the finish line.

Proceeds will go towards the New TMB Track Complex



SPONSORED BY

PANTHER CROSS COUNTRY TEAM



TRACY PUBLISHING COMPANY

BOX CAR DAY ROAD RACE ENTRY FORM

Please mail to Box Car Day Road Race: 934 Pine Street, Tracy, MN 56175

Please make checks payable to: Panther Cross Country

For more information email hansonm@tracy.k12.mn.us

Name _____ Age _____ Gender: M F

Address _____ City _____ State _____ Zip _____

5K Walk 5K 10K 1 Mile 1/2 Mile T-Shirt Size Youth S Youth M S M L XL

Release: Knowingly, and at my own risk, I hereby apply to enter the Tracy Box Car Day Road Race and do waive and release any and all claims for damages that I incur as a direct or indirect result of my participation in this event against the City of Tracy, Tracy Publishing Company, and any other sponsor or individual.

Signature (Parent signature if under 18): _____