



William Courtney 5K Run

Coach Chuck Silvey Kids Mile

Gary Page Tot Trot

Date: Tuesday, July 4, 2023
Time: 7:30 a.m. – 5K Run
 8:10 a.m. – 1-Mile Kids Run
 8:30 a.m. – Tot Trot
Place: Start and finish at Walker Johnston Park, 86th and Douglas, Urbandale
Fee: 5K - \$12.00 **online** (www.getmeregistered.com)
 5K - \$15 **paper** entry forms

Limited 5K Registration on July 4th. \$20.00
 5K Family Rate – each additional person \$10.00.
One person per entry form.
 Please mail all family registrations together.
 Kids Mile \$6.00 with a prize (can register on July 4).
 Tot Trot – free
 *Kids Mile free due to rain-out IF registered in 2022.

Send Registration To: Urbandale Parks and Rec, 3600 86th Street, mail by 6/28/23.
 Fax 278-8356 Parks and Rec offices will not accept forms after 6/29/23. Faxed in forms should pay on July 3rd at packet pick-up.

On Line: www.getmeregistered.com until noon 6/30/23.

On Site Registration: Urbandale Park and Rec, 3600 86th Street, fax 515-278-8356 until noon 6/29/23

Late Registration & Packet Pick up: Monday, July 3, Lion’s Park Shelter House, Urbandale 4:00 – 7:00 p.m.
Limited 5K registration on July 4, 6:00 – 7:00 a.m.
Late Packet Pick Up: Tuesday, July 4, 6:00 – 7:00 a.m. at Walker Johnston Park, 86th & Douglas,
Parking: Available in the Urbandale Library lot.

Awards: 5K runners receive a 4th of July Button. No T-shirt due to reduced rate.
 Kids Milers receive a prize, medal and no shirt.
 Tot Trotters receive a ribbon. Winners and runners-up in each division will receive awards in the mail. Awards also to the top 10 men/women.
 All participants receive refreshments.
 Late Registration – No T-Shirt. No refunds if race is canceled. Your entry fee would be applied to the 2024 entry.

Complete 4th of July schedule found at:
 urbandale4thofjuly.org

Questions: Contact Larry Jablonski:
 JABO19522@MSN.com Fax: 515-278-8356

Checks payable to: Urbandale 4th of July Celebration

Urbandale Independence Day Races - - Tuesday, July 4th 2023

Entry Form

Name (last name / first name)

Mailing Address

City

State

Zip Code

Birth Date

Students 2023- 2024

email address

Age on Sex Running
 7-04-23 M/F 5K 1 mi

Entry Fee
 (Payable to: **Urbandale 4th of July Celebrations**)

- 5 km**
 15 dollars (\$12 on-line) (through Monday, July 3)
 20 dollars (on Tuesday, July 4)
 10 dollars (subsequent family members)
1 mi
 6 dollars (through Tuesday, July 4)

Tot Trot - Free

Don't mail after June 27!!! No refunds

PLEASE NOTE:
 One person per entry?
 All boxes completed?
 Release signed?
 Correct amount paid?
 All family members mailed together?

In consideration of acceptance of the entry, I hereby release the City of Urbandale, Fourth of July Committee, aid station personnel and all agents of these organizations, from all claims (present and future) resulting from any injury or illness, which may be sustained while participating in the Urbandale July Fun Run. I have read the caution statement and have satisfied myself that (my child) have/has attained a level of fitness sufficient to participate safely.

Date: _____ Signature: _____

MAIL TO: Urbandale Parks and Rec, 3600 86th Street, Urbandale, IA 50322 mail **before** 6/28/23