



William Courtney 5K Run

Coach Chuck Silvey Kids Mile

Gary Page Tot Trot

Date: Friday, July 4, 2025
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 - \$20.00 **online** (www.getmeregistered.com).
 5K - \$25 **paper** entry forms.

Limited 5K Registration on July 4th. \$25.00
 5K Family Rate – each additional person \$15.00.
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.

Send Registration To: Urbandale Parks and Rec, 3600 86th Street, mail by 6/26/25.
 Parks and Rec office will not accept forms after 7/1/25.

On Line: www.getmeregistered.com until noon 7/1/25.

On Site Registration: Urbandale Park and Rec, 3600 86th Street, until noon 7/2/25

Late Registration & Packet Pick up: Thursday, 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: Thursday, 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 2026 entry.

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

Questions: Contact Larry Jablonski:
JABO19522@MSN.com

Checks payable to: Urbandale 4th of July Celebration

Urbandale Independence Day Races - Since 1966 - - Friday, July 4th 2025

Entry Form

Name (last name / first name)

Mailing Address

City State Zip Code

Birth Date Students 2025- 2026 email address

Grade: K 1 2 3 4 5 MS

Age on Sex Running

7-04-25 M/F 5K 1 mi

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

5 km

25 dollars (\$20 on-line) (through Thursday, July 3)

25 dollars (on Friday, July 4)

15 dollars (subsequent family members)

1 mi

6 dollars (through Friday, 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** 6/27/25