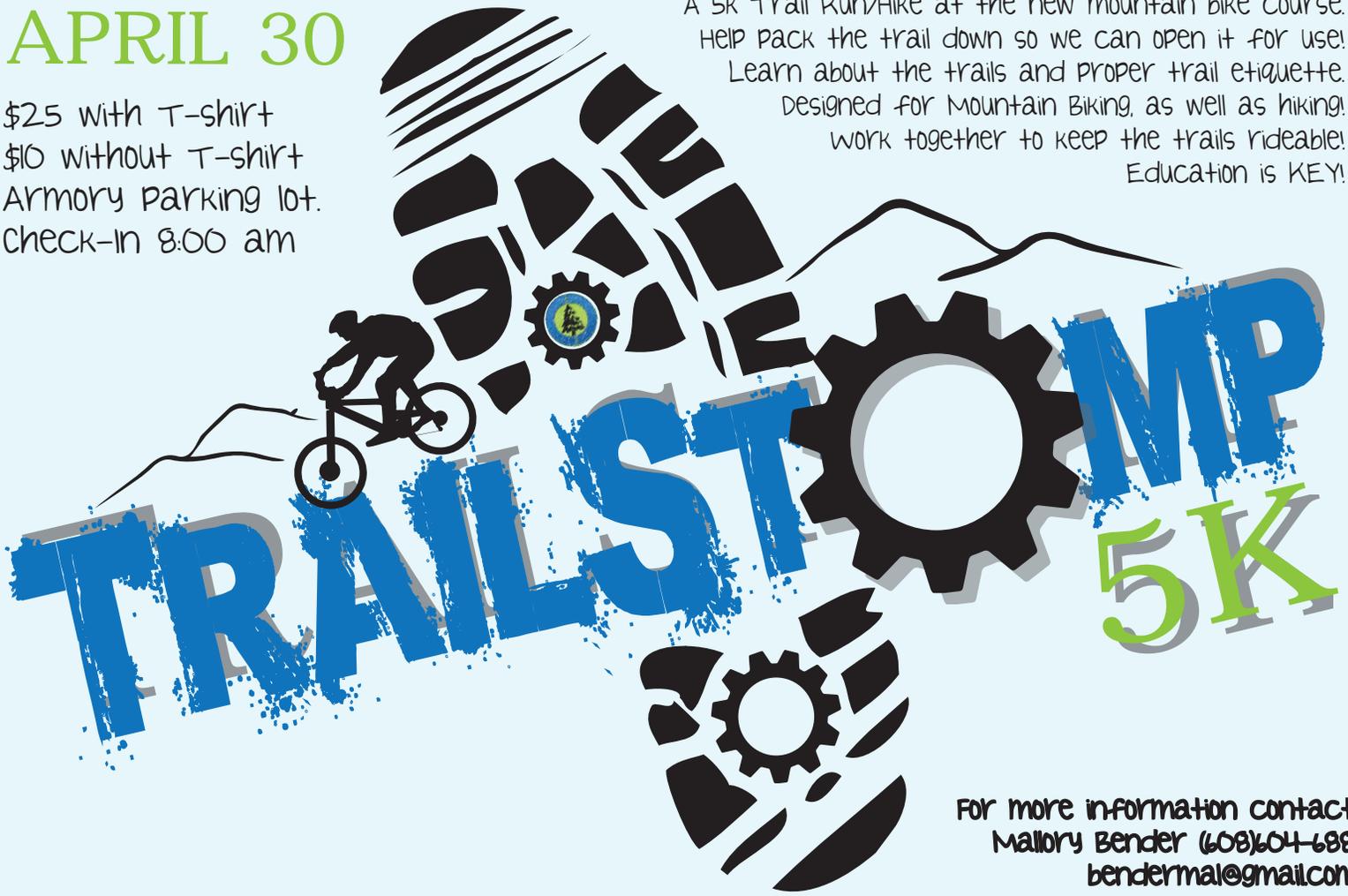


APRIL 30

\$25 with T-shirt
\$10 without T-shirt
Armory parking lot.
Check-in 8:00 am

A 5k Trail Run/Hike at the new mountain bike course.
HELP pack the trail down so we can open it for use!
Learn about the trails and proper trail etiquette.
Designed for Mountain Biking, as well as hiking!
Work together to keep the trails rideable!
Education is KEY!



For more information contact:
Mallory Bender (608)604-6881
bendermal@gmail.com

cut along dotted line & send in for registration

Trail Stomp 5K - Registration

(Please print & complete one Registration Form for each entrant)

Last Name _____ First _____

Address _____ City _____ State _____ Zip _____

Age _____ Gender M _____ F _____

Phone _____ Email _____

Long-Sleeve Unisex T-shirt size (Circle one): YS YM YL S M L XL XXL

I hereby release all sponsoring groups & other representatives, all officials, workers & volunteers involved with this event from any and all rights and claims for injuries or illness suffered by me in this event. I understand that participation in this event is strenuous and I verify that I am physically fit to compete in said event. I understand that there will be no refunds, & the race will run rain or shine.

Signature _____ Date _____

Parent or Guardian Signature _____ Date _____
(If registrant is under 18 years)

Payment Method (Check one & complete information)

- Check# _____ Payable to SW Partners
- Money Order# _____ Payable to SW Partners
- Cash \$ _____

Mail form to: SW Partners/TrailStomp 5k
P.O. Box 651
Richland Center, WI 53581
Attn: Mallory Bender

