



POUND THE PAVEMENT

July 31st, 2016

Pound the Pavement is a 6K, un-timed Walk, Run or Roll OR a 6.5 Mile Bike, taking place on the newly paved Pine River Trail section between Bohmann Drive & County Hwy O. Funds raised from the race will go towards the City's match for the Pine River Trails Grant we received. SW Partners will do a Project Recap presentation after the event @ the CC Gym & will offer recovery snacks & H2O.

Check-In/Registration starts at 3:00 pm. Event starts at 4:00 pm. All participants Start & Finish @Community Center Parking lot
\$25 for pre-registered participants with a T-shirt Shuttle for 5Kers leaves @3:45 pm from Community Center lot
T-shirts for all participants registering by Friday, July 22nd. to be dropped off @ Equity Livestock/Cty O for race start.

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

cut along dotted line & send in for registration

Pound the Pavement 6K Walk, Run or Roll / 6.5 Mile Bike

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

Last Name _____ First _____

Address _____ City _____ State _____ Zip _____

Age _____ Gender M _____ F _____

Phone _____ Email _____

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)



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

Mail form to: SW Partners
450 S. Main Street
Richland Center, WI 53581
c/o Pound the Pavement

