



29th Annual Bill Jansen Road Race/Walk



SPONSOR: Valley City Optimist Club
LOCATION: **HI-LINE PARK (east of Charlie Brown Field)**
Valley City, ND 58072
DATE & TIME: Saturday, June 19, 2010 - 8:00 A.M. start
REGISTRATION: Hi-Line Park, **Registration begins at 7:00 A.M.**

DIVISIONS:

Girls/Women

8:00 - 12 & under (1 mile)
8:00 - Open Walk (5 km)
8:15 - 13 - 15 (5 km)
 16-18 (5 km)
 19-24 (5 km)
 25-39 (5 km)
 40 & over (5 km)
8:00 - Open (10 km)

Boys/Men

8:00 - 12 & under (1 mile)
8:00 - Open Walk (5km)
8:15 - 13-15 (5 km)
 16-18 (5 km)
 19-24 (5 km)
 25-39 (5 km)
 40 & over (5 km)
8:00 - Open (10 km)

ENTRY FEE: \$5.00 Miler, \$20.00 Individual, \$40.00 Family Maximum, \$10.00 Walker,

AWARDS: **Medal** to the champion in each division; Ribbons to top **five** in each division; **No medal or ribbons** in walking division; T-shirts to all finishers

REFRESHMENTS: Free refreshments for participants at the conclusion of the race/walk.

FIRST AID STATION: Participants will be monitored during the entire race/walk in case there is a need for medical attention.

See registration form on reverse side.



**BILL JANSEN 29th ANNUAL
Valley City Optimist Club
ROAD RACE/WALK
Saturday, June 19, 2010 - 8:00 A. M.**

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REGISTRATION: HI-LINE PARK (East of Charlie Brown Field)
Registration begins at 7:00 A.M.
ENTRY FEE: \$5.00 Miler, \$20.00 Individual, \$40.00 Family Maximum,
 \$10.00 Walker

FULL NAME _____

ADDRESS _____ **AGE** _____ **SEX** _____

CITY _____ **STATE** _____ **ZIP** _____

Check proper division:

_____ Girls, 12 & under	(1 mile)	_____ Boys, 12 & under	(1 mile)
_____ Girls, 13-15	(5 km)	_____ Boys, 13-15	(5 km)
_____ Girls, 16-18	(5 km)	_____ Boys, 16-18	(5 km)
_____ Women, 19-24	(5 km)	_____ Men, 19-24	(5 km)
_____ Women, 25-39	(5 km)	_____ Men, 25-39	(5 km)
_____ Women, 40 & over	(5 km)	_____ Men, 40 & over	(5 km)
_____ Women, Open	(10 km)	_____ Men, Open	(10 km)
_____ Walker	(5 km)	_____ Walker	(5 km)

I, knowingly at my own risk, hereby apply to enter the Bill Jansen Road Race, and to hereby waive and release any and all claims for damages that I may incur as a direct or indirect result of my participation in this event against THE VALLEY CITY OPTIMIST CLUB, THE CITY OF VALLEY CITY, THE COUNTY OF BARNES, THE STATE OF NORTH DAKOTA OR ANY EMPLOYEE, OFFICIAL, OR ELECTED OFFICER OF THESE ORGANIZATIONS for said injuries.

_____ Signature (parent or legal guardian if under 18)

_____ Date

Send entries along with fee to: Bill Jansen Road Race/5K Walk
 Valley City Optimist Club
P. O. Box 1
 Valley City, ND 58072