32nd Annual
Bill Jansen Road Race/Walk

SPONSOR: **Valley City Optimist Club**
LOCATION: **Valley City, ND - HI-LINE PARK**

NEW in 2013: **ELECTRONIC TIMING & PRE-REGISTRATION**

DATE & TIME: Saturday, June 15, 2013 - 8:00 A.M. start
REGISTRATION: Hi-Line Park **(east of Charlie Brown Field)**
& CHECK-IN **Day of Race Registration/Check-in begins at 7:00 am**

DIVISIONS:

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

ENTRY FEE: $5.00 Miler, $20.00 Individual, $50.00 Family Maximum
$10.00 Walker
DAY OF RACE: **ENTRY FEE = $25.00, 5/10K Individuals**

AWARDS: **Medal** to the champion in each division; Ribbons to next **five** in each division; **No medal or ribbons** in walking division; T-shirts to all finishers (New design in 2013)

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.

CONTACT PERSON:

Mike Watterson (mike.watterson@sendit.nodak.edu)

Check us out on Facebook at:

Optimist Club -
Valley City, North Dakota

BILL JANSEN 32nd ANNUAL
Valley City Optimist Club
ROAD RACE/WALK
Saturday, June 15, 2013 - 8:00 A. M.

SPONSOR:	Valley City Optimist Club
LOCATION:	HI-LINE PARK, Valley City, ND
PRE-REGISTRATION:	**Deadline – Thursday, June 13, 2013**
ENTRY FEE:	$5.00 Miler, $20.00 Individual, $50.00 Family Cap $10.00 Walker
DAY OF RACE:	**REGISTRATION ENTRY FEE = $25.00** HI-LINE PARK (East of Charlie Brown Field)

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