

1st Annual

Stars & Stripes

5K Stride 4th of July, 7:00 a.m. Bloomington Park

Registration: By June 30th \$15.00 July 1st – July 3rd \$18.00. Day of Race Registration until 6:30 a.m. \$20.00

T-Shirts will be given to all pre-registered runners. Day of race registrants will receive t-shirts while supplies last. Day of Race Registration will take place in the Bloomington Park Pavillion.

Please pre-register to ensure participation. Detach the entry form and drop it off or mail to:

Bradley C. Harr, P.C.
134 N. 200 E. Suite 202
St. George, Ut 84770

Office Hours:

9:00 a.m. – 5:30 p.m. Monday - Friday

Make checks payable to Bloomington Community Council

Or Register and pay online at www.Active.com

All proceeds will go to pay for Lights on the New Flag Pole on Pioneer Rd. & I-15

Awards: Prizes will be awarded to the overall male and female winners and to the top three finishers in each division. All contestants will be eligible for other prize drawings.

Course: Begin at the Bloomington Trailhead and follow the asphalt paved trail to the Bloomington/Bloomington Hills Bridge over the Virgin River. Turn here and run back under I-15 and back to Bloomington Park on the river bank dirt trail.

For more information, call Marta Harr at (435)986-8415.

Stars & Stripes 5K Stride Official Entry Form:

Name: _____ Gender: M / F Age on Day of Race: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Please circle your Shirt Size: **Adult: S M L XL**

Youth: S M L

Please circle your division:

Male:	
7 & under	25-29
8-12	30-39
12-15	40-49
16-19	50-59
20-24	60+

Female:	
7 & under	25-29
8-12	30-39
12-15	40-49
16-19	50-59
20-24	60+

A physical examination is not required to run in the Stars & Stripes Stride, but all competitors participate at their own risk. If in doubt as to your physical condition to engage in an event as strenuous as a 5-K race, it is strongly recommended that you seek the advice of a competent physician and abide by their advice. All persons under 18 years of age must file written consent of their parents or legal guardian to compete in the Stars & Stripes 5K Stride.

In consideration of the privilege granted to participate in the 2009 Stars & Stripes 5K Stride, and for other good and valuable consideration, I, intending to be legally bound, hereby for myself, my heirs, executors, administrators and assignees waive and release any and all rights and claims I may have against the city of St. George, the Bloomington Community Council, Bradley C. Harr, P.C., their agents, representatives, successors, or assignees for any and all injuries, ailments, or other consequences suffered by me in the 5K fun run.

Signature of Participant

Signature of Parent or Legal Guardian
(if participant is under 18 yrs old)