

HollyFrontier Corporation
SUPERDAY '18

5K/10K - Run/Walk

June 23rd - Cheyenne, WY



Proceeds of this event provide support for the
Southern Wyoming Runners Association

City of Cheyenne Recreation Division
c/o Superday 5K/10K
610 W. 7th Street
Cheyenne, WY 82007

Sponsors

**WELLS
FARGO**



Swire *Coca-Cola*, USA



CHEYENNE COMMUNITY
**RECREATION
& EVENTS**



Register

Name: _____

Address: _____

Number & Street **City** **State** **Zip**

Telephone: _____

Home **Work** **Cell**

Email: _____

Runner Information: *circle one*

12 & Under, 13-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60+

<u>Event</u>		<u>Gender</u>	
5K Runner	5K Walker	Male	Female
10K Runner	10K Walker		

T-Shirt Size: *circle one* **S** **M** **L** **XL** **XXL**

Information

Location: 5K/10K Run/Walk starts at the Botanic Gardens.

Start: Race begins at 7:30am

Ages: Male/Female—12 & Under, 13-16, 17-19, 20-29, 30-39, 40-49, 50-59, 60+

Awards: Awards will be presented to the overall male runner, overall female runner and the top two runners in each age group. NOTE: Walkers do not receive awards. Awards ceremony will be held at 8:45am on the Beach Stage. In addition, ALL participants will be eligible for a drawing to be held in conjunction with the awards ceremony (must be present to win). Several gift certificates and/or door prizes have been donated by Cheyenne businesses and organizations.

Registration: Early Registration is open between May 1st and June 22nd. Day-of-Event Registration is open on June 23rd at the Children’s Village class room—600 S. Lions Park Dr., from 6:45 - 7:15am.

Mail/Drop-In Registration is available at:

Foot of the Rockies—Frontier Square, 1740 Dell Range, Blvd.

Monday-Friday -10am-7pm, Saturday -10am-5pm, Sunday -12pm-5pm

Check-In & Goodie Bags: Runners may check-in and pick-up their goodie bags from 6:45 - 7:15 am at the Children’s Village class room - 600 S. Lions Park Dr.

Fees: \$25 per Person - Early Registration

\$30 per Person - Day-of-Event Registration

NOTE: All registrations include HollyFrontier Corporation Superday 5K/10K Run/Walk t-shirt and goodie bag.

Please make all checks payable to:
Southern Wyoming Runners Association



Waiver

In consideration of the acceptance of my entry in the HollyFrontier Corporation Superday 5K/10K Run/Walk, I, the undersigned participant, hereby agree and make the following contractual representations and agreements. I fully realize the dangers in participating in a long distance group run (including, by way of example and not limitation, exhaustion, physical exertion, injured muscles, the dangers of collision with vehicles and other runners, the dangers arising from surface hazards, and weather conditions) and I fully assume all risks associated with such participation. I hereby waive, release, and discharge for myself, my family members, heirs, administrators, personal representatives, successors and assigns, any and all rights and claims which I have or which may hereafter accrue to me against the sponsors/co-sponsors of the HollyFrontier Corporation Superday 5K/10K Run/Walk and the City of Cheyenne, its officers, employees, volunteers and participants for any and all damages which may be sustained by me directly or indirectly arising out of my participation in the HollyFrontier Corporation Superday 5K/10K Run/Walk. Further, I will hold the City of Cheyenne harmless from any and all liabilities and provide for the defense of the City in the event the City is sued as a result of my alleged negligence. I attest that my physical condition is adequate to complete the run safely and I am prepared for this event. I hereby acknowledge that the above persons and entities have no obligation to provide medical care and have not undertaken the responsibility to do so. In the event I receive medical care as a result of a medical emergency, I hereby consent to such care. I grant full permission for sponsors or the City of Cheyenne to use photographs of me and quotations from me in legitimate accounts and promotions of this event. I hereby certify that I have fully read and understand the foregoing legal document and sign it knowingly, willingly and voluntarily.

Printed Name: _____ Date: _____ Signature: _____

PARENT OR GUARDIAN OF MINOR (under 18 years old): I as parent or guardian of above named minor hereby give my permission for my child or ward to participate in the HollyFrontier Corporation Superday 5K/10K Run/Walk and further agree, individually and on behalf of my child or ward, to the terms stated above.

Printed Name: _____ Date: _____ Signature: _____

Route Maps

