



Enjoy Austin's 25th Anniversary
SPAMTOWN USA FREEDOM FEST

July 2-4, 2010

- * July 4th Grand Parade
- * Two nights of fireworks
- * Family Day in the Park
- * FREE Entertainment



YMCA of Austin
704 1st Drive NW
Austin, MN 55912

2010



HOG JOG 5-Mile Run

Saturday, July 3, 2010

8:00 am Start



YMCA of Austin

2010 HOG JOG 5-Mile Run

LOCATION:

East Side Lake, Austin, Minnesota

START TIME:

8:00 AM, Start and Finish at East Side Lake

COURSE:

Flat & Fast - PR Course (Certified)
USATF Sanctioned

ENTRY FEES:

- * \$20 entry fee (\$15 with Get Fit Card)
- * \$25 entry fee after Wednesday, June 23 and through 7:30 am registration on day of race.

REGISTRATION:

Registration forms can be downloaded at www.ymca-austin.org or picked up at YMCA of Austin. Send or drop off completed registration form and payment to:
YMCA of Austin
704 1st Drive NW
Austin, MN 55912

RACE DAY REGISTRATION:

6:45 - 7:30 am at East Side Lake
No registration after 7:30 am!

REFRESHMENTS:

Fruit and water will be available to all runners following the race, compliments of Super Fresh Produce and Culligan Water.

SHOWERS:

Available at YMCA of Austin until 11 am. Must show race number or member card.

RESULTS:

Results posted following presentation of awards. Results will also appear in the Minnesota Running & Track Magazine and www.raceberryjam.com.

AWARDS:

The original Hog Jog t-shirt given to all pre-registered participants. (Cannot guarantee t-shirt to race-day registration participants. Trophies to first overall male and female finishers. Plaques for 1st places, medals for 2nd and 3rd places for both males and females in each age division.

CHIP TIMING:

Age Divisions:
15 & Under
16 - 24
25 - 34
35 - 44
45 - 54
55 - 64
65 & Over

**YOUR PARTICIPATION SUPPORTS
the YMCA of Austin**

You will play an essential role in improving our community just by participating in this event! All event proceeds benefit YMCA programs. As a not-for-profit community service organization, the YMCA of Austin will put the funds toward programs, such as After School Program, Child Care, Swim Lessons and many skill development activities. The YMCA serves people of all faiths, races, ages, abilities and incomes. In fact, no one is turned away for inability to pay.

For more information regarding YMCA programs, membership and volunteer opportunities, or to consider a charitable contribution, please contact the YMCA at 507-433-1804.

REGISTRATION FORM (one per person)

Make payment to: YMCA of Austin

PARTICIPANT INFORMATION

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Age on Race Day _____ Birthdate _____

Gender: Male Female

Emergency Contact Name _____

Emergency Contact Phone _____

Shirt size: Adult S M L XL XXL

As of today, are you a YMCA member? Yes No

WAIVER: I hereby absolve myself, my heirs, executors, and administrators, forever, any and all rights and claims I may accrue against the YMCA of Austin, the City of Austin, any other sponsors, race officials, of any and all injuries suffered by me while participating in the road races or walks. I further hereby certify that I am physically fit to run the race for which I am entered. If I am under 18 years of age, my parent or guardian has signed the waiver.

Signature _____
(Participant)

Co-signature _____
(Parent or guardian, required if under 18)