



*The 13th Annual
President's 5K Run
and 1.5 mile Walk*



2009

***SPECIAL THANKS
TO OUR SPONSORS***

**BLOUNT
ORTHOPAEDIC
CLINIC**

**HIGHLAND HOUSE
RESTAURANT**

**THRIVENT FINANCIAL
FOR LUTHERANS**

**Grafton Chiropractic
Dr. Darren Werner, BS, DC**

**Gear Grinder Cycling Apparel
Paul Weaver**

Grube's Towing & Repair

When: Saturday November 7, 2009

Where: Concordia University, 12800 N. Lake Shore Dr. Mequon, Wisconsin (Exit Mequon Rd. off I-43. Head west to Port Washington Rd. then turn north until you hit Highland Rd., turn right, the campus is located ½ mile east). Park in the field house parking lot. We start/finish by the front entrance of the campus on the south side

Time: 9:00 A.M.

Course: On the Cross Country course of Concordia University Wisconsin

Registration: In Field House Lobby 7:30am-8:45am.

Pre-Registration: \$16.00, Race Day: \$19.00 CUW students FREE (courtesy of President Ferry)

Awards: UNIQUE AWARDS - Hand Crafted—5k run only. Overall top male & female. Top 3 in each division, Kids (10 and under), Youth (11-14 & 15-19), 20-29,30-39,40-49,50-59,60-69, 70-79.

T-SHIRTS GUARANTEED TO FIRST 150 PRE-REGISTERED

All money raised through donations will benefit the Athletic Training Education Program at Concordia University Wisconsin. All donations above the registration fee is tax deductible. Your contributions are greatly appreciated. THANK YOU!

Include any additional donation of money with the registration fee

Make checks payable to CUW and Mail to:

Angela Hilgendorf 12800 N. Lake Shore Dr. Mequon, WI 53097

Call (262) 243-4537 or angela.hilgendorf@cuw.edu for more information.

May download registration form at: www.cuw.edu/athletictraining, then go to the President's Run link

Last Name: _____ First Name: _____ MI: _____

Address: _____ Apt. #: _____ City: _____

State: _____ Zip: _____

Telephone #: _____ Age: _____ (on race day) Sex: M F CUW Student YES NO

Event: 5k run 1.5 mile walk/T-shirt size: S M L XL (circle one) Email: _____

Donations above registration fee: \$5.00 \$10.00 \$15.00
 \$20.00 Other amount: _____

Waiver: I know that participating in a 5k run/1.5mile walk is a potentially hazardous activity. I should not enter or participate unless I am medically able and properly trained. I agree to abide by a decision of race officials relative to my ability to safely complete the run or walk. I assume all risk associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather including cold, heat or high humidity, and all such risk associated in participating in such an event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Concordia University of Wisconsin and all race officials and agents, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Participant's signature: _____ Date: _____

If under 18, parent signature is also required: _____ Date: _____