

FORT ATKINSON FALL CRAWL

5k walk/run, & 1 mile kids run (14 & Under)

Saturday, September 17th, 2011
Time: 9:00 am (1 mile kids run – 9:45)

NEW ROUTE!

The Course:

Start/finish near Sport & Spine Clinic of Fort Atkinson (1550 Madison Ave., Fort Atkinson)

5K Route: Street/road

1 Mile Kids Fun Run: Will be a route encircling Fort Atkinson high school

Results: New timing system this year!

Refreshments and Awards following kids run.

Entry Fee:

5K Walk/Run

\$20 pre-registered/post-marked by August 31st
\$25 after August 31st

Kid's Fun Run (<= 14 years)

\$10 Entry Fee

**T-shirt availability guaranteed for those who pre-registered by August 31st*

Race day registration will be available at Sport & Spine Clinic from 7:45-8:30am; the kid's 1 mile registration will close at 9:15am

Make checks payable to:

City of Fort Atkinson (Memo: Fall Crawl)

Mail to:

Sport & Spine Clinic
1550 Madison Ave. Suite 102
Fort Atkinson, WI 53538

Online Registration:

This year, registration forms can be downloaded at www.runfort.org or www.sportandspineclinic.com

Kid's Fun

Kids can join us for supervised activities at Sport & Spine Clinic during 5k run to encourage family participation.

Volunteers:

if you are unable to participate, but would like to volunteer on race day, please contact Kurt Chapman or Jolyn Baldry at (920) 568-9739

Race Packet Pick-up:

Available week of 9/12/11 to 9/16/11

at Sport & Spine Clinic of Fort Atkinson during normal business hours. (M-F 7:00am - 5:00pm)
Phone: 920-568-9739

Post-Race Activities:

Near the finish line; refreshments will be provided and awards presented.

Start/Finish:

Sport & Spine Clinic of Fort Atkinson

FORT FALL CRAWL

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Registration Form

PARTICIPANT INFORMATION:

First Name _____

Last Name _____

Address _____

City _____

State _____ Zip _____

Telephone (_____) _____

Gender (Circle one): M F

Age Bracket (Circle one): ≤ 14 yrs 15-20yrs 21-30 yrs
31-40 yrs 41-50 yrs 51-60 yrs >60 yrs

T-shirt size (circle one):

ADULT: S M L XL YOUTH: S M L

*cannot guarantee t-shirt availability/sizes after pre registration

5K RUN 5K WALK KID'S RUN

Waiver: I hereby absolve and do not hold Sport & Spine Clinic and/or Fall Crawl Committee responsible for any lost/stolen articles brought to race, or injury sustained during participation in this event. I am physically able to participate in this event and participate willingly and at my own risk.

Signature: _____

(of parent/guardian if under 18 years of age):

Date _____

Race results can be viewed 24-48 hrs after event on
runfort.org

tear off



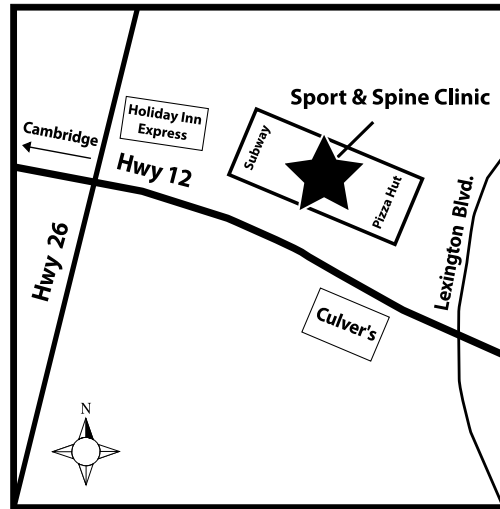
Sport & Spine Clinic of Fort Atkinson and Jefferson and the **Fort Atkinson Parks and Recreation Department** offer the Fort Fall Crawl to develop and encourage local programs that promote health, fitness and safety in Fort Atkinson and its surrounding communities.

If you have a need/idea that you feel falls under this description of benefiting community health and wellness, please contact Kurt Chapman or Jolyn Baldry at (920)568-9739 to inquire further about having a portion of this year's race proceeds put towards your idea.

If you have further questions, please Email: kchapman@usphclinic.com



Sport & Spine Clinic • Fort Atkinson
 1550 Madison Avenue, Suite 102
 Fort Atkinson, WI 53538
 Office: (920) 568-9739 • Fax: (920) 568-9742



Sport & Spine Clinic • Jefferson
 222 South Wisconsin Dr., Suite 3
 Jefferson, WI 53549
 Tel 920.674.7767 • Fax 920.674.7823



5TH ANNUAL



**5k walk/run and
 & 1 mile kids run**

**Saturday,
 September 17th, 2011
 Time: 9:00 am
 (kids fun at 9:45)**

NEW ROUTE!

Sponsored by Sport & Spine Clinic

