



# July 4th CARE 5K/10K WALK/RUN

## ONE ENTRY PER PERSON

**RACE: (circle one)                      5K Walk/Run                      10K Run**

- Registration Entry Fee: \$30
- Children 17 and under \$20
- Late or Same Day Registration Entry : **T-shirt not guaranteed June 27-July 4<sup>th</sup>**  
**\$5 registration increase on July 4th**

**Please choose your T-shirt (shirts are black unisex sizing)**

**ADULT    XS    S    M    L    XL    2XL**

**YOUTH            S    M    L**

**NO REFUNDS  
THIS IS A FUNDRAISER**

I would like to donate \$\_\_\_\_\_ to CARE.

**Online registration is available until 7:00 A.M. July 4<sup>th</sup> at [www.cableareacare.org](http://www.cableareacare.org)**

Name \_\_\_\_\_ DOB \_\_\_\_/\_\_\_\_/\_\_\_\_ (circle one) Male/Female

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Local Phone \_\_\_\_\_ Email \_\_\_\_\_

This event is a fundraiser supporting CARE. The Mission of CARE is to make a positive difference in someone's life during a time of need by providing financial support, food, and clothing.

[care@cheqnet.net](mailto:care@cheqnet.net)

**Waiver:** I enter and run this race certifying that I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with participating in this event including, but not limited to; falls, contact with other participants or spectators, the effects of the weather-including heat or high humidity, traffic or the conditions of the road surface, all such risks being know and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act for my behalf, waive and release the CARE organization, town of Cable, and all sponsors of the event, their representatives and successors from all claims or liabilities of any kind of arising out of my participation in this event even though that liability might arise out of the negligence or carelessness on the part of the person named in this waiver.

Signature(parent if under 18) \_\_\_\_\_ Date \_\_\_\_\_

**Send this form to CARE, P.O. Box 92, Cable, WI 54821**

**Online registration at [www.cableareacare.org](http://www.cableareacare.org)**

## Red Sponsor \$500



## White Sponsors \$250



## Blue Sponsors \$100

Alliance Art Publishing  
Andry Rasmussen & Sons Plumbing  
Bear Country Rentals/Craig Manthey  
Brush & Bucket Painting  
Cable Chiropractic Clinic  
Cable Lumber  
Cable Triple G  
CAMBA  
Chequamagon MTB Festival  
Chippewa Valley Bank  
Eagle Eye Custom Woodworking  
Frandsen Bank  
Fogerty Family Care  
Judy Hinman - Mary Kay Consultant  
Kris Rasmussen Logging  
Mark Rasmussen Excavating  
Mogasheen Resort  
Norvado  
Rivers Eatery  
Ron's Septic  
Star Nutrition  
Sweet Exchange Market  
Cable Area Churches



**Registration and Bib Pick Up Saturday July 2nd from 8:30-10:30 AM at the Cable Community Center Cty Rd M**

**Monday, July 4th from 7:00-7:30 AM at the Old School Mall**

**8:00 a.m. Start at The Old School Mall(south of County M on Kavanaugh Rd.)**

- The 5K Walk/Run is an out and back race with black top and some gravel fire lane, water stations at the turnaround.
- The 10K Run is an out and back with 2 miles of it on mowed ski trails. There is water upon leaving the woods.
- EVERYONE WILL BE TIMED!!
- There will be post race snacks and beverages.
- Free Kiddie Cone certificate for children under 12 that do the walk or run!

**9:15 Awards-CARE DOLLAR Gift Certificates that may be used at our \$250 level sponsors.**

**AGE GROUPS ARE: 7 AND UNDER, 8-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+**

***Please Park behind the Old School Mall***

(not in front of businesses or in Rondeau's parking lot)