



2009 Always A Cowboy Registration Form



For Pre-registration, **please mail or deliver** to Gem City Bone and Joint Physical Therapy – 1909 Vista Dr., Laramie, WY 82070.

Name: _____

Address: _____

City, State, Zip: _____

Email: _____

Age: _____ Phone: _____ M or F: _____

T-Shirt Size (circle one): S M L XL Other: _____

Please circle one: Running Walking

Entry Fee (includes long sleeve t-shirt):

\$20 – Before 5:00pm Friday September 25, 2009 \$25 – Day of the Race

Please make checks payable to **GCBJ** with “*Always A Cowboy*” in the memo line.

WAIVER AND RELEASE: I understand that my consent to these provisions is given in consideration of this registration and for being permitted to participate in this event. I am a voluntary participant in this event, and in good physical condition. I hereby assume full and complete responsibility for any injury or accident that may occur during my participation in this event or while on the premises of this event. I hereby release and hold harmless Gem City Bone & Joint, the Wyoming Runners Association, and all other affiliated sponsors, individuals and persons associated with this event from any claims I may have arising out of my participation in this event, including personal injury or damage suffered by me or others

Signature and Date

Parent or Guardian if under age 18

Registration and Information

- Date: September 26, 2009
- Time: Race begins at 8:30 a.m.
Race day registration begins at 7:00 a.m.
- Where: Undine Park – 5th and Park streets. See reverse side for a course map. Parking is available in the downtown Laramie area.
- Entry Fee: Pre-registration by September 25th - \$20
Race Day - \$25
- Distances: Run – 8 kilometers
Walk – 5 kilometer
- Awards: Awards will go to 1st and 2nd place in each age category as well as the top two overall men and women. There will also be awards given to the top two walkers (men and women). Everyone has a chance to win great raffle prizes.
- Race Info: To guarantee t-shirt size, please register early! Registrations and checks can be sent or hand delivered to Gem City Bone and Joint Physical Therapy at the address listed on the entry form.
- Packet Pickup: Race packets can be picked up on Race Day at Undine Park.

For More Information Contact Karen or Steve – (307)721-8024