



••• 2005 Race Course •••
 • The race will start on Park and
 • 5th streets. The course proceeds
 • up 5th turning left on Russell.
 • From Russell, the course runs through
 • the Cortrell neighborhoods, down to
 • 26th, turning left onto Sheridan.
 • The finish will be at Undine Park.

Always A Cowboy 8K



September 8, 2007

*All proceeds are donated to the University of Wyoming
Cross Country Teams*

Held in Laramie, Wyoming, “Always A Cowboy”
 is an annual race held in memory of the eight
 University of Wyoming cross country student
 athletes whose lives were taken on September 16,
 2001. In previous years, this race has been five
 kilometers but will remain eight kilometers for
 runners and five kilometers for walkers, to honor
 each one of the eight athletes. Runners and walkers
 of all abilities are invited and encouraged to
 participate in this event!



2007 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: _____

Age: _____ Phone: _____ M or F: _____

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

Please circle one: Running Walking Combo

Entry Fee (includes long sleeve t-shirt):
\$20 – Before September 7, 2007 \$25 – After September 7, 2007

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 8, 2007
- Time: Race begins at 8:30 a.m.
Race day registration begins at 7:45 a.m.
- Where: Undine Park – 5th and Park streets. **The course is different than in previous years.** See reverse side for a course map. Parking is available in the downtown Laramie area.
- Entry Fee: Pre-registration by September 7th - \$20
After September 7th - \$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 can be sent or hand delivered to Gem City Bone and Joint Physical Therapy at the address listed on the entry form. **Online registration is also available at www.active.com.**
- Packet Pickup: Race packets can be picked on Race Day at Undine Park.

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