



The All-American Mile Run

Sponsored by:



Lincoln Community Center
2450 Lincoln Street
Highland, IN 46322
219-838-0114
www.highlandparks.org
[Facebook.com/highlandparks](https://www.facebook.com/highlandparks)



Highland Parks & Recreation
2450 Lincoln Street
Highland, IN 46322



Wednesday, July 3rd, 6:30 PM

Highland, Indiana



THE COURSE

The race will begin at the intersection of 40th St. and Kennedy Ave. in Highland. It will continue north on Kennedy Avenue to Highway Avenue where it will turn east and finish at Main Square Park.



Come out and enjoy this exciting mile run chip timed by T&H Timing.

All ages are welcome.

The race will serve as Highland's Fourth of July Festival Twilight Parade kick-off event with the parade to immediately follow.

REGISTRATION INFORMATION

Registration before July 3, 2013 is \$10. Race day registration is \$15 and will begin at 5:00pm on the corner of 9145 Kennedy Ave. and 40th St.

You may mail entries to:
Highland Parks & Recreation Department
2450 Lincoln Street. Highland, IN 46322

Make check or money order payable to Highland Parks & Recreation Department. Do not mail cash.

AWARDS

T-shirts will be presented to all participants courtesy of [Standard Bank and Trust Company](#). Special prizes will also be awarded to the top 3 finishers in each age division (male & female). **New this year:**
Males: Fastest sub 4-min mile = \$250 prize
Females: Fastest sub 4:40 mile = \$250 prize
Race results will be available at: highlandparks.org and thtiming.com

DIVISIONS

1. Female 10 & Under
2. Male 10 & Under
3. Female 11 - 14
4. Male 11 - 14
5. Female 15 - 19
6. Male 15 - 19
7. Female 20 - 29
8. Male 20 - 29
9. Female 30 - 39
10. Male 30 - 39
11. Female 40 - 49
12. Male 40 - 49
13. Female 50 & Over
14. Male 50 & Over



REGISTRATION FORM

First Name _____ Last Name _____

Street Address _____

City _____ State _____ Zip _____

Phone # _____ Gender (M/F) _____

Date of Birth _____ Division # _____

Augusta 790 dry-fit shirt size (Please circle)

YS YM YL AS AM AL AXL AXXL Other: _____

Waiver and Release

I know that participating in a road race is a potentially hazardous activity and that I should not participate unless I am medically able and properly trained to do so. I hereby assume the risks inherent in this event, including but not limited to injury or property damage caused by falls, contact with other participants, or race officials, the effects of the weather, traffic and road course conditions. In consideration of the foregoing, I, for myself, my heirs, executors, administrators, personal representatives, successors and assigns, waive and release any and all rights, claims and course of action I have or may have against the Town of Highland, Highland Parks and Recreation Department, and race sponsors, that may arise as a result of my participation in the Mile Run event and any pre- and post- event activities. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event. Further, I hereby grant full permission to any and all the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose including commercial advertising. I understand and agree to the waiver and release*

Signature _____ Date _____

*(If under 18, must have signature of parent or guardian)

Office Use Only:

Receipt #: _____