



sponsored by:



Polson Family Eye Care

Join us Saturday, March 13th at 10 AM for a 5K or 10K! We'll start and end at the "Polson Sports Complex" that is located at the intersection of 7th Avenue West and Kerr Dam Road.

Registration:

Opens at 9 am and the race starts at 10 am. All participants are eligible for the random prize drawing and there will also be a 1st place Mens/Womens 5K and 1st place Mens/Womens 10K.

Pre-registration deadline is March 5. Proceeds for this event will be donated along with **Haiti** relief efforts of the Polson schools.

Course Directions:

We start by running East along 7th Avenue West, turn on 2nd Street West. Run past Cherry Valley Elementary, and Polson Middle School and High School. Continue West on 19th Avenue West, up and over the hill on Grenier Lane. Turn left on Kerr Dam Road and head North on the trail and follow it down the hill and back along 7th Avenue West to the Start/Finish Line. This is a 5K (3.1 Mile) and for those interested in a 10K (6.2 miles) we will be making this challenging loop twice!

March Meltdown

REGISTRATION BY MARCH 5

\$20-Includes a Polson Running technical shirt

\$10-No Shirt

MAIL TO: Jennifer Forbis Box 1010,
Polson, MT 59860

Waiver: The undersigned does hereby authorize Polson Running and its sponsors to photograph him/her while participating in a Polson Running event, and agrees that such entity may use negatives or prints prepared from there from for the purpose of promoting Polson Running and/or its sponsors. I acknowledge that I am entering this event at my own risk and assume any and all responsibilities for injuries I may incur as a direct result of participating in this event.

Participant (if over 18)	Date
Parent/Guardian (if participant is under 18)	

Name _____ AGE _____

Address _____

City _____ ST _____ ZIP _____

Phone _____

Email address _____

Polson Running is offering a Dry-Weave or technical shirt for this race on a **FIRST COME FIRST SERVED** basis. Be here early for the best selection.



Office Use: Make checks payable to Polson Running
no refunds

Cash Check # _____

Payment Prior to Race Day of Race